

# EATING SMART AT HOME



## Fix It Safe

### CLEAN

- Wash hands and all equipment, counters, cutting boards, dishes and utensils with hot soapy water.
- Make sanitizing solution by mixing 1 tablespoon chlorine bleach to 1 gallon warm (not hot) water.
- Sanitize all kitchen surfaces after cleaning.

### SEPARATE

- Keep meat separate from other foods when shopping.
- Use a separate cutting board for meats and vegetables (or use different sides of the same cutting board).
- Always wash hands, cutting boards and all utensils after coming in contact with raw meat, poultry, or fish.

### COOK

- Cook meats, poultry, eggs, fish, and shellfish thoroughly.
- Reheat leftovers until steaming hot.
- Bring sauces, soups, and gravies to a boil when reheating.

### CHILL

- Refrigerate foods quickly. Do not leave food out more than one hour if the temperature outside is 90° F or hotter.
- Thaw meats on the bottom shelf on a plate in the refrigerator. Never thaw meats on the counter.

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## Home Food Safety Inspection

When it comes to foodborne illness, how safe are you? Are there changes that you need to make in your kitchen to be safe? If you answer "true" to any of these items, you will need to make changes and start fighting BACK!

### CLEAN

TRUE FALSE

- |   |                          |                          |
|---|--------------------------|--------------------------|
| 1. Sometimes I do not wash my hands before or during food preparation.                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Sometimes I prepare food while I am sick.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I do not have hand soap in my kitchen.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I do not have soap for washing dishes.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I do not have hot water to wash my dishes.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Pets may walk on the countertops.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Dirty items, such as a can opener, pots and pans, are present in my kitchen.                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. The sink has pieces of food left in it.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. The cloth, sponge, or dishtowel has not been changed in a while.                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. I do not always wash the cutting board with hot soapy water or in a dishwasher between uses.        | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Sometimes the utensils I use for tasting are put back into the food being prepared.                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Sometimes I put cooked food back onto a plate that held raw foods without first washing the plate.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. The shelves and/or drawers of my refrigerator have bits of food, dried spills, and/or mold on them. | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Insects and other pests are present.  | <input type="checkbox"/> | <input type="checkbox"/> |

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### SEPARATE

1. Raw food is stored over cooked and/or ready-to-eat foods in the refrigerator.
2. Food that is being frozen is on top of the ice cube trays.
3. Food is stored near cleaning supplies.
4. Food is not covered well in my refrigerator.

TRUE

FALSE

### COOK

1. I do not have a food thermometer.
2. I look at the color of food to see when it is done.

TRUE

FALSE

### CHILL

1. The temperature inside my refrigerator is above 40° F.
2. The temperature of my freezer is above 0° F.
3. I do not have a refrigerator/freezer thermometer.
4. Sometimes I thaw food on the counter.
5. Sometimes I let foods sit at room temperature to cool before I put it in the refrigerator.
6. Sometimes I let cooked foods sit out at room temperature for more than two hours.
7. Sometimes I leave cold foods out of the refrigerator at room temperature for more than two hours.
8. Sometimes I put large pots of warm food in the refrigerator to cool.

TRUE

FALSE

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