

Cutting Boards

Use different cutting boards for cooked and uncooked foods.

Plastic cutting boards come in different colors—buy an orange one and always use it for cutting meats.

Wash cutting boards in hot, soapy water.

Sanitize in a solution of 1 teaspoon household bleach to 1 quart hot water.

Rinse with clean, hot water.

Air dry.

Always marinate uncooked meat, poultry or fish in the refrigerator, never at room temperature. NEVER save and reuse marinade.

DO NOT taste foods with the cooking or serving spoon and then return it to the food. Instead, taste it with a separate spoon.



Keep Food Safe: Don't Cross-Contaminate

Separate

Bacteria can be spread from one food to another or from one utensil or surface to food when they come in contact. This is called cross-contamination. This is especially a problem when handling raw meat, poultry and seafood or raw eggs. So keep these foods and their drippings or juices away from foods that are ready to eat and do not need further cooking.

To decrease the risk of cross-contamination:

- 1) Keep raw meat, poultry and seafood—and their juices—away from ready-to-eat foods, such as fruits and vegetables in your shopping cart and in your refrigerator.
- 2) If possible, use one cutting board for raw meat products and another for salads and other ready-to-eat foods.
- 3) Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.
- 4) Never place cooked food on a plate that previously held raw meat, poultry or seafood.