FOR A SAFE PLATE,

DON'T CROSS-CONTAMINATE

7 Tips to Keep Your Food Safe
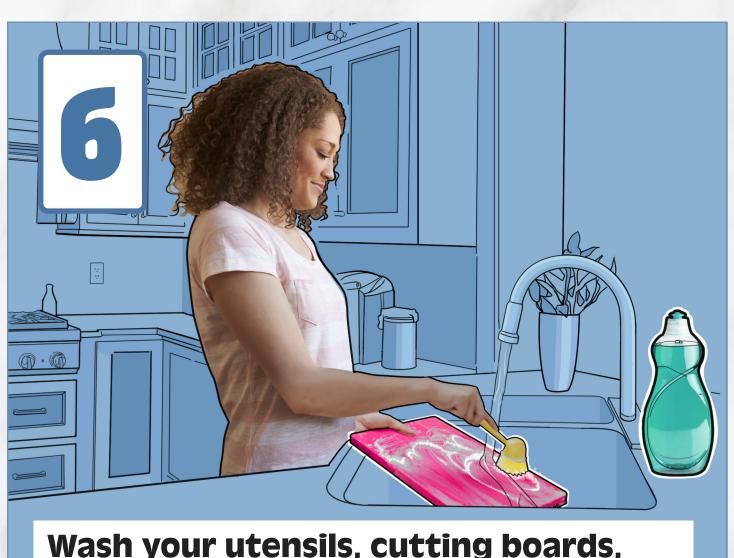
1

Separate meat, poultry, and seafood from other food in shopping cart.

2

Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.

3

Raw chicken is ready to cook. It doesn't need to be washed first. Washing it can spread germs to other foods. If you wash it, immediately clean and thoroughly sanitize sink and surrounding area.

4

Use one cutting board or plate for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that won't be cooked.

5

Wash hands for 20 seconds with soap and water after touching raw meat, poultry, seafood, or eggs.

6

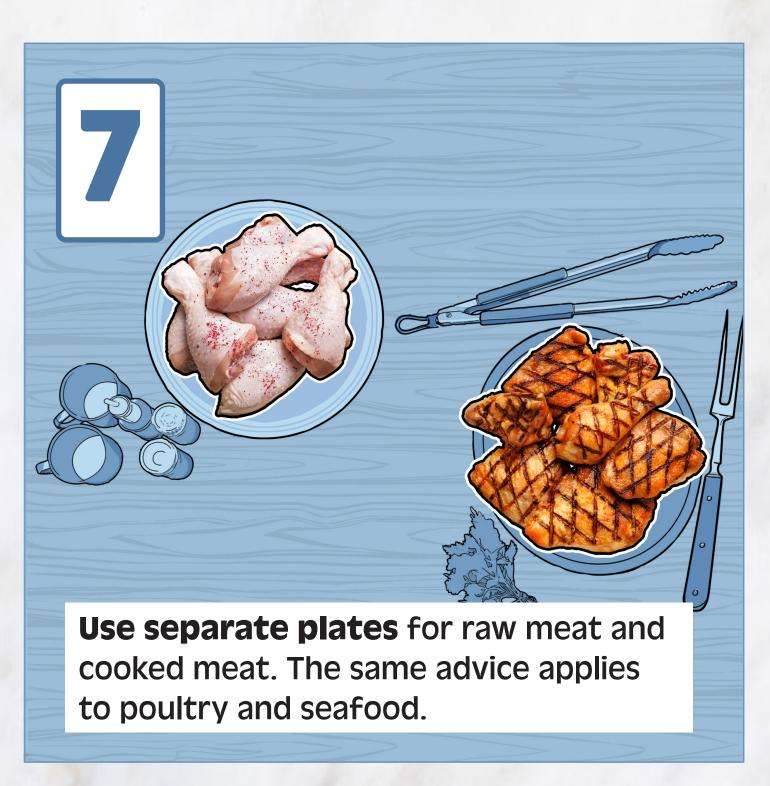**Wash your utensils, cutting boards, and countertops with hot, soapy water** after preparing raw meat, poultry, seafood, or eggs.

7

Use separate plates for raw meat and cooked meat. The same advice applies to poultry and seafood.

LEARN MORE: cdc.gov/foodsafety

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