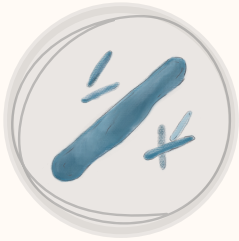


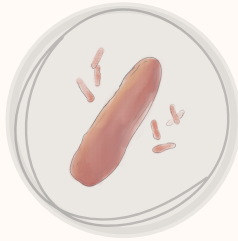
# Food Cleanliness

childhoodpreparedness.org



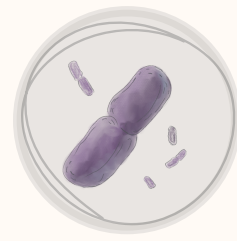
## WHAT IS E-COLI?

**E.coli** is a bacteria that lives in people and animal intestines sometimes these bacteria can cause disease



## WHAT IS SAMONELLA?

**Samonella** is a bacteria commonly found on poultry, beef, pork, eggs, fruits, and certain vegetables.



## WHAT IS LISTERIA?

**Listeria** is a bacteria that lives in soil and water and is commonly found in unpasteurized milk, produce, and meat.



## FRUIT & VEGETABLES

The safest fruits, vegetables, and fresh herbs are cooked; the next safest are washed.

- Do not eat unwashed fresh produce.
- Wash or scrub fruits and vegetables under running water—even if you do not plan to eat the peel.
- Dry fruit or vegetables with a clean paper towel.
- Cut away any damaged or bruised areas.
- Refrigerate fruits and vegetables within 2 hours after you cut, peel, or cook them.



## MEAT & POULTRY

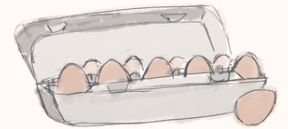
- Raw poultry is ready to cook. It doesn't need to be washed first. If you do wash you chicken, thoroughly wash your sink afterwards.
- Use a separate cutting board for raw meat and poultry.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each meat and poultry item.
- Refrigerate leftovers at 41°F or colder within 2 hours after preparation.
- Divide large pieces of meat into small quantities for refrigeration so they cool faster.



## DAIRY

You can get very sick from raw (unpasteurized) milk and products made with raw milk, including soft cheeses (such as queso fresco, blue-veined, feta, brie, and camembert), ice cream, and yogurt.

- Drink pasteurized milk instead of raw milk, and eat foods made with pasteurized milk instead of raw milk.



## EGGS

- Do not eat foods that contain raw or undercooked eggs.
- Cook eggs until the yolks and whites are firm.
- Do not taste or eat raw batter or dough.

Remember

Clean, Separate, Cook, Chill