Food Safety: Five Steps to Food Safety

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You cannot see, smell, or taste bacteria, but they can be in and on your food! Follow these five steps to protect yourself and your family from food-related illness.

**Step 1: Clean**
Wash hands and surfaces often.

**Step 2: Cook**
Cook foods to proper temperatures.

**Step 3: Chill**
Refrigerate foods promptly.

**Step 4: Separate**
Do not cross-contaminate.

**Step 5: Use Safe Water and Food**
Use water and fresh wholesome foods from safe sources.

Credits: http://www.befoodsafe.org