

Once You Serve It, Save it!

Proper food safety helps food last longer and taste better! Storing fruits and vegetables properly will prevent the growth of harmful bacteria.

DID YOU KNOW?

- 🍃 *One in four people living in the United States will get an illness from food this year.*
- 🍃 *Children are more likely than adults to get sick from eating spoiled food.*

Know the Difference

Some foods need to be refrigerated, while others can be left at room temperature.

KEEP PERISHABLE FOODS LIKE THIS REFRIGERATED:

Meat, poultry, fish, eggs,
pasta salads, and leftovers

Peeled or cut fruits and vegetables,
including leafy greens like lettuce

Milk, yogurt, cheese, opened fruit
juice, and opened canned foods

THESE CAN BE KEPT AT ROOM TEMPERATURE:

Whole or uncut fruits and vegetables

Bread products, cereal, and crackers

Unopened canned goods

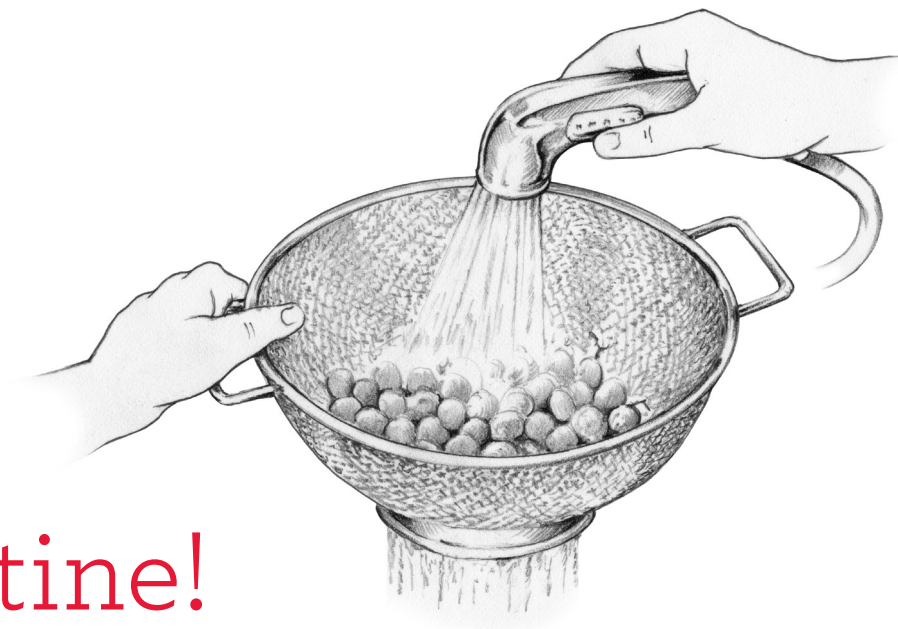
Unopened fruit juice (*if pasteurized*)

Dried fruit

Nuts and peanut butter

Dried beans

Keep A Clean Routine!



- 🍃 *Food can become unsafe to eat in just 2 hours if stored improperly.*
- 🍃 *Make sure all surfaces and supplies are clean before cooking.*
- 🍃 *Wash all fresh fruits and vegetables before eating.*
- 🍃 *Proper hand-washing is very important to keep food and family safe when cooking.*

TIPS FOR PROPER HAND-WASHING:

1. Use warm water and soap.
2. Completely wash all sides of hands and fingers, including wrists and fingernails.
3. Wash for at least 30 seconds—sing the ABC or Happy Birthday song!