

Tip of the Week



Extension Tip of the Week (TOW)
December 3, 2007
Food Safety

Most of us will be cooking this holiday season, whether it be baking cookies or entertaining family. Keep your family and houseguests safe from food borne illness with these four helpful key words: Clean, Separate, Cook and Chill.

CLEAN: Wash hands and surfaces often

Wash your hands with warm, soapy water for 20 seconds before and after handling food. Wash your cutting boards, dishes, counter, etc., with hot, soapy water after preparing each food item. Wash fruits and vegetables with cold water before using. There is no need to wash or rinse meat or poultry.

COOK: Cook food to proper temperatures

Use a food thermometer to be sure!

SEPARATE: Don't cross-contaminate

Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing.

CHILL Refrigerate Promptly

To ensure the freshness and safety of your freshly cooked foods, place them promptly in the refrigerator after cooking...no need to wait. Refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours or sooner.

For specific food safety questions, call your local county extension office. You may also go the website: www.extension.iastate.edu/foodsafety and then you may want to click on the consumer information tab. Another site to check out is www.foodsafetyanswers.org.

Tip of the Week (TOW) is emailed out weekly by Sherry McGill, Woodbury County Extension Education Director. To have the TOW emailed to you directly, please email Sherry at mcgills@iastate.edu.