



Keep HOT Food Hot & COLD Food Cold

Cleanliness is important when preparing food to eat. Food carry germs that make you sick. Dirty utensils, hands, clothes or work area can also spread germs to the food you are preparing. Follow simple rules when you are cooking to keep food safe. These rules should become a habit.

Before cooking:

- Wash hands with soap and warm water for at least 20 seconds and tie long hair back.
- Wear clean clothes.
- Make sure work area is clean.
- Use clean cooking utensils & wash them often.
- Have clean towel and/or paper towels to dry hands. Use different towel and/or paper towels to wipe floor.

While cooking:

- Keep hands away from hair, face and pets.
- Cover nose and mouth if you have to sneeze or cough. Wash hands before touching food again.

Clean up:

- Soak cooking utensils to make easier to wash.
- When washing dishes use plenty of hot soapy water to get clean.

Food Prep/Storage Safety:

Keep HOT food hot. Keep COLD food cold. Germs grow quickly in foods that are left at room temperature. Bacteria need time and the right environment to grow and multiply. Your kitchen can provide the moisture and warmth bacteria need to grow. Some bacteria can double their numbers every 20 minutes at temperatures above 40 degrees. In a few hours, bacteria on food can multiply and cause anyone who eats the food to get sick. Many people who think they have the flu may actually have a food borne illness. You can become sick 20 minutes to 48 hours after eating food with some types of harmful bacteria.

To fight bacteria CLEAN hands and cooking surface often. Separate raw meat, poultry, and egg products from cooked foods to avoid cross contamination. Cook raw meat, poultry and egg products thoroughly. Chill food promptly in the refrigerator.

When food temperatures are between 40 and 140 degrees F, bacteria multiply rapidly. This is the DANGER ZONE for food safety.

An easy way to remember the conditions contributing to bacteria growth are: FAT TOM.

F is food – bacteria especially like protein foods like meat.

A is acid- bacteria can't grow in high acid environments like fresh fruits, or vinegar food items.

T is time- if food is left in the DANGER Zone for too long bacteria can grow rapidly.

T is Temperature- Bacteria reproduce quickly if food is 40-140 degrees.

O is Oxygen- that bacteria need to grow.

M is moisture- that bacteria need to grow.

Refer to the new 4-H Cooking 101, 201 & 301 project manuals for more great food safety information.

