* Keep everything that comes in contact with food clean: hands, equipment, countertops.
* Wash hands with warm soapy water before preparing food.
* Use separate platters, cutting boards, utensils and equipment for cooked and uncooked meat, poultry, and fish.
* Avoid CROSS – CONTAMINATION. Keep juices from meats, poultry, and fish from coming in contact with any other foods. Wash cutting boards, countertops, utensils, and equipment after use with raw meat.
* Never eat raw meat, poultry, seafood, eggs or food containing raw eggs. Cook thoroughly; meat and poultry juices will run clear.
* Use proper personal hygiene. Direct sneezes away from the food preparation area. Wash hands afterwards.
* Thoroughly wash all produce.
* Avoid low oven roasting temperatures; use a thermometer to determine doneness.
* Do not leave cooked meats or other perishable foods out a room temperature for longer than two hours.
* When serving buffet foods, keep cold on ice below 40F and keep hot foods above 140F.
* Freeze or refrigerate leftover immediately.
* For more rapid cooling, use small, shallow food storage containers to refrigerate or freeze leftovers.
* Date packages of leftovers and use with safe period.
* Don’t taste leftovers that you’re not sure about. When in doubt throw it out.
* Thaw foods only in refrigerator or microwave. Finish cooking foods that are thawed in the microwave.
* Always place cooked foods in a clean dish. Never use the same dish that held raw foods, such as meat, poultry or fish.
* Frequently change and clean dishtowels and clothes. These can be a breeding ground for bacteria.
* Refrigerate or freeze cold and frozen foods right away.
* Your refrigerator should be at most 40 F and the freezer should be 30 F or lower.
* Don not exceed the proper storage times for refrigerated and frozen foods.
* Space items in refrigerator and freeze so that air can circulate freely.
* Store raw and cooked foods separately in the refrigerator.
* Freeze fresh meat immediately.
* Warp raw meat, poultry and seas-food in separate plastic bags and set on a plate in the bottom of the refrigerator to prevent juices from dripping on other foods.
* Use the oldest can first. Canned goods can keep for one year if properly stored in a cool, dry place.
* Throw out foods that are past expiration date.
* Never store food under the kitchen sink. Damp areas attract insects and rodents and pipe leakage may damage food products.
* Do not store dry mixes near the stove because they do not keep well exposed to heat.
* Food items in dry storage should be airtight containers to prevent rodent and insect infestation. Insects and rodents carry harmful bacteria that contaminate food.
* Never store food alongside household chemicals.