

## Good Grinding for Wise Dining Food Safety Introduction

It is important to keep foods safe to eat. Food should be nourishing for our bodies and not make us sick. It is important for food to be handled carefully from the time food is bought and prepared till it is eaten and stored.

The “Safe Food Handling” handout offers many tips on how to practice safe food handling techniques. Here are some key tips:

- 1) Buy cold food last, get it home fast
- 2) Keep food safe – refrigerate
- 3) Keep everything clean
- 4) Thaw frozen foods in the refrigerator
- 5) Cook foods thoroughly
- 6) Keep hot foods hot, cold foods cold
- 7) Don't wait – refrigerate leftovers quickly. Don't leave perishable food out at room temperature for longer than 2 hours.
- 8) Wash our hands with soap and water

It is very important to remember to wash our hands before handling food. This includes preparing, cooking, eating, and storing food. Hands should be washed for at least 20 seconds with soap and water (ABC song once or Happy Birthday song twice). Be sure to wash thoroughly – between fingers, underneath finger nails, etc.

Proper safe food handling methods may prevent food related illnesses. Please refer to the “Safe Food Handling” handout for more tips on food safety.