

# FOOD SAFETY

## PREPARATION, STORAGE & OTHER IMPORTANT INFO

### Preparation

- Wash hands, then wash produce.
- Refrigerate produce within 2 hours after cutting or peeling.
- Thoroughly wash cutting boards in between uses.  
--Wash with hot and soapy water or put in a dishwasher
- You can sanitize surfaces on wooden and plastic cutting boards by using a solution of 1 Tbsp of unscented liquid bleach per gallon of water and soaking for several minutes. Then rinse with water and dry.
- If possible, use 2 separate cutting boards (1 for meat, 1 for produce and/or baked goods) to prevent cross-contamination.

### Storage

- Keep foods in refrigerator at 40°F or below.
- Separate meat and store meat below produce to prevent meat juices from dripping down and contaminating the produce.
- Separate washed and unwashed produce from each other.

### Other Important Info



- **Tip:** bring a cooler or insulated bag to place items while shopping until you get home.
- Stay away from raw versions (i.e. unpasteurized) of juice, cheese, and milk if you are in a high risk group (pregnant, an older adult, a young child, or someone with a weakened immune system) because you are at increased risk of getting sick.
- Honey can be dangerous for children younger than 12 months due to honey possibly containing toxic botulism.