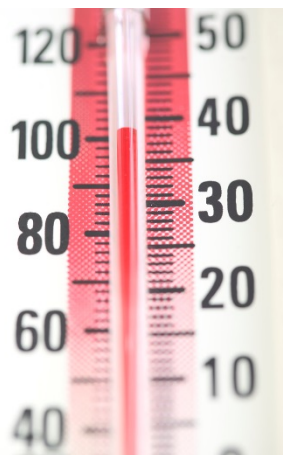


Food Safety and Sanitation

- Wash your hands with warm water and soap for 20 seconds before / after handling food
- Keep your cutting board free of clutter
- Wash cutting boards, knives, utensils, etc. with hot soapy water after preparing each food item – especially after cutting raw meats, poultry or seafood
- Store cutting boards upright or in a rack to air dry after cleaning and sanitizing to prevent bacteria
- Disinfection: Make a bleach solution combining 1/3 cup of bleach per gallon of water or 4 teaspoons bleach per quart of water
- Rinse fresh fruits and vegetables under running tap water
- Typically, people do not wash their onions, garlic, and shallots. Before picking these items up from the store they were probably handled heavily by store workers. To prevent cross contamination when cutting the peels off, cut them on paper towels on your cutting board. This also makes cleanup easier. Wash your hands and knife before chopping.
- Rub or scrub firm-skin fruits and vegetables under running tap water
- Keep your fridge at 40 degrees F or below
- Store raw foods below cooked foods in your refrigerator
- Bacteria spreads fastest at temperatures between 40 - 140 degrees F
- Do not keep foods between 40 - 140 degrees F longer than 2 hours
- Avoid cross-contamination by keeping raw meats, poultry, and seafood away from ready to eat foods
- Chill hot foods to 40 degrees F within 4 hours by using an ice bath and /or dividing into small batches



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