GOOD HYGIENE FOR SAFE FOOD

- Always wash your hands with soap before you cook food or eat food.

- Rinse fruits and vegetables with water before eating them.

- Keep uncooked meat and seafood away from other foods.

- Store dairy products, meat, and seafood in the refrigerator.

- After preparing food, wipe the counters and cutting boards with soap and water.

- Do not leave prepared food out on the counter for longer than two hours.

- Store food leftovers in a sealed container in the refrigerator or freezer.

- **Good hygiene in food preparation helps keep your family free from sickness caused by spoiled food.**

- **Storing food the right way helps keep you and your family free from sickness caused by spoiled food.**