FOUR EASY SAFETY TIPS

**WASH**
Use warm, soapy water to wash the front and back of hands, between fingers and under fingernails, all the way up to the wrist. Wash for 20 seconds.

**SEPARATE**
Separate raw meats, poultry and seafood from ready-to-eat foods.

**REFRIGERATE**
These items must be refrigerated:
- MEATS
- MILK
- CHEESE
- YOGURT
- EGGS

**COOK**
Always use a food thermometer to determine if food is thoroughly cooked.

For more tips, visit [HomeFoodSafety.org](http://HomeFoodSafety.org).