## Equip Your Kitchen

### What You Need and What You Need to Know to Fight Food Poisoning

### Wash

**WHAT YOU NEED:**
- Produce brush
- Sponges (replace often)
- Paper towels
- Dish and hand soap
- Unscented liquid bleach or sanitizing spray

**WHAT YOU NEED TO KNOW:**
- Wash hands thoroughly for at least 20 seconds with soap and warm water
- Wash surfaces, cutting boards, dishes and cooking utensils with hot, soapy water after each use
- Sanitize sponges and replace frequently
- Wash produce under cool running tap water
- Don’t wash meat, poultry or eggs

### Separate

**WHAT YOU NEED:**
- Two cutting boards
- Two sets of utensils
- Two sets of plates
- Plastic bags (to wrap raw meat so juices don’t drip)

**WHAT YOU NEED TO KNOW:**
- When handling raw meat, poultry, seafood and eggs, always use separate cutting boards, plates and utensils from ready-to-eat foods
- From the shopping cart to transporting foods home, keep raw meat, poultry, seafood and eggs separate from ready-to-eat foods
- Practice separation in the refrigerator by wrapping raw meats and storing on the bottom shelf away from ready-to-eat foods

### Cook

**WHAT YOU NEED:**
- Food thermometer
- Cooking temperature guide
- Slow cooker/warming dishes
- Is My Food Safe? app

**WHAT YOU NEED TO KNOW:**
- Use a food thermometer. To find the correct temperature to cook foods, consult the Is My Food Safe? app
- Keep food hot after cooking, at or above 140°F. If hosting a buffet or potluck, use a heat source like a chafing dish, warming tray or slow cooker to keep food from cooling
- When reheating leftovers, microwave food thoroughly until it reaches 165°F

### Refrigerate

**WHAT YOU NEED:**
- Shallow containers with lids for leftovers
- Two appliance thermometers (for refrigerator and freezer)
- Is My Food Safe? app
- Keep It Cool Storage Chart
- Freezer labels
- Cooler
- Kitchen timer

**WHAT YOU NEED TO KNOW:**
- Perishable foods must be refrigerated at or below 40°F within two hours (only one hour if in weather over 90°F)
- Refrigerator should be set to 40°F and freezer should be at or below 0°F
- Marinate foods in the refrigerator (never on the counter)
- Toss expired foods. Refer to the Is My Food Safe? app for the shelf life of common foods