**Fight BAC! Keep Family Food Safe**

**CLEAN:** Wash hands, counters, and your table often and carefully.

- Bacteria that make you sick are invisible. Yet they can spread everywhere in your kitchen, then to the food your family eats. **Involve your child with food safety at home:**
  - Make proper hand washing a family habit: *before and after* handling food, and *after* using the bathroom, changing diapers, and handling pets.
  - Wash kitchen utensils and surfaces with hot, soapy water. **Let your child help.**
  - Wash cutting boards and sponges in hot, soapy water, *each time* they’re used.
  - Clean with paper towels; toss them when you’re done. Wash cloth towels often in the hot cycle of your washing machine. **Make cleaning fun with colorful towels.**

**SEPARATE:** Keep raw and cooked food separate.

- Harmful bacteria can spread from one food to others. **Show your child how to separate raw meat, poultry, and fish from other foods.**
  - Keep raw meat, poultry, and fish wrapped, in sealed containers or plastic bags, so the juices won’t drip out.
  - Wash anything (including your hands) that touches raw meat, poultry, or fish before using it with other food.
  - Never put cooked food on the same plate or cutting board that held raw food — unless you wash it first.

Hang on the refrigerator as a family reminder. Check ✓ off what you already do!
**CHILL: Refrigerate food right away.**

Cold temperatures keep bacteria from growing and multiplying. *Your child can help keep foods cold:*

- Make sure the refrigerator door closes. Together check the temperature: refrigerator – below 40 degrees Fahrenheit; freezer – below 0 degrees Fahrenheit.
- Thaw frozen food in the refrigerator or microwave oven, not on the counter.
- Chill foods that spoil. Freeze or refrigerate leftovers and other cooked foods within two hours of cooking.
- Put leftovers in small, shallow containers to cool faster.

**COOK: Cook food to a safe, proper temperature.**

To kill food-borne bacteria that can make you sick, cook food long enough and at a high enough temperature for that food. *Show your child how carefully you check:*

- Use a clean meat thermometer to check:
  - Cooked hamburgers: at least 160 degrees.
  - Whole, cooked chicken: 180 degrees.
- Cook eggs until yolks and whites are firm.
- Cook fish until it’s not shiny and it flakes easily with a fork.
- Reheat leftovers to at least 165 degrees.
- Wash your thermometer with hot, soapy water. Wiping with a towel isn’t enough.
- Be sure your microwaved food has no cold spots. Turning (by hand or turntable) and stirring while food cooks helps.

---

Adapted from Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food & Nutrition Service

New Mexico State University is an affirmative action, equal opportunity educator and employer. NMSU, the United States Department of Agriculture cooperating.