

# Cooking safety

## Preparing Food

- ☉ Wash hands and surfaces often
- ☉ Don't cross-contaminate. Make sure that raw meat juices do not come in contact with ready-to-eat and previously cooked foods
- ☉ Cook to proper temperatures, use a thermometer

## After Eating

- ☉ Promptly refrigerate any foods that need to be kept cold
- ☉ Food left out of refrigeration for more than two hours may not be safe to eat
- ☉ If you are eating outside when the temperatures reach 90 F or above, food should not be left out of refrigeration longer than one hour