



Safe Cooking Tips with the Super Crew® Kids

Each year 3,000 people die from foodborne illnesses and 48 million get sick. Do not let your family become a victim of foodborne illnesses! Act now and protect your family from foodborne illnesses by following these simple safe cooking tips.

"You can follow these tips just like the Super Crew."
-Jessie



Wash, wash and again wash your hands with soap and warm water for at least 20 seconds:

- before preparing food
- after touching your face, hair or cloths
- after coughing, sneezing or using the restroom



Clean the area before you start cooking even if it looks clean!

"Virus and germs can't be seen to the human eye"

-Kira

- Clean the area with warm soapy water to STOP contamination and not spread it.

Keep your hot foods **HOT and cold foods **COLD**!**

- Always refrigerate leftover foods within 2 hours.
- Make sure to use shallow containers to reduce the internal temperature of foods as fast as possible.

Always cook eggs until the yolk and the white are cooked thoroughly.

- Cooking eggs thoroughly will kill harmful bacteria. (Just because you have eaten runny eggs in the past and never got sick does not ensure you won't get sick next time!)



Marcus says, "STOP germs in your kitchen!"

"If you have two different color cutting boards, one for animal foods and another for plant foods, it's easier to stop cross-contamination."

-Marcus

- Use separate cutting boards for meats, poultry and fresh produce.
- Wash your cutting board with soap and warm water BEFORE you use it for other products.

Never defrost foods on the counter or in a sink full of water.

- When defrosting meat products, defrost them at the bottom of the refrigerator, under cold running water or in the microwave.

Make sure your refrigerator temperature is **BELOW 40° F at all times!**

- It is the correct temperature that protects your food, NOT the refrigerator.

"It's plain science, if you don't practice food safety, you'll eventually end up sick!"

-Penny



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