

Food safety tips



While preparing meals for Caring for Friends™, we know you will be cooking with your heart and soul for our client friends. To ensure your meals are all “sugar and spice and everything nice,” while keeping our clients safe and healthy, here are some food safety tips to keep pesky unwanted guest bacteria away from your table.

- 1** Before you start prepping and cooking, make sure all of your cooking surfaces, tools, and utensils are clean
- 2** Wash your hands for 20 seconds with soap and running water before you start cooking and throughout the process of preparing your meal, especially after handling raw meat, poultry, eggs, and fish
- 3** Prepare food on a clean cutting board. Be sure to wash and sanitize your cutting board, knife, and other tools before using them for the next food item you’re preparing, especially for foods that are ready to eat, such as fruits or vegetables
- 4** Change or wash the fork, spatula, tongs, or other tools you’re using after touching raw meat
- 5** Use a clean plate or dish to put cooked food on when it’s done—do not put cooked food on a plate that previously had raw, uncooked meat on it
- 6** Always use a thermometer to make sure meat is cooked thoroughly and wash it after every use
- 7** Use separate cutting boards for meat, poultry, and fruits and vegetables

Tips to sanitize cutting boards, tools, and cooking surfaces

- Run your cutting boards through a hot dishwasher cycle
- Wash cutting boards, dishes, utensils, and counter tops with hot, soapy water after preparing each food item
- Use kitchen cleaner that contains bleach
- Make and use your own sanitizing solution with 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water to sanitize surfaces and utensils. Cover the surface or utensil with the solution and allow it to stand for several minutes. Then rinse and air dry or pat dry with clean paper towels

