



#### DID YOU KNOW?

*It is important to consistently wash hands and kitchen surfaces before and after preparing food. 67 percent of Americans report they “always” wash cutting boards, utensils, and countertops after preparing each food.*

*– 2004 Consumer Survey, Partnership for Food Safety Education*

## Wash hands and surfaces often.

You can't see, taste or smell them. They're sneaky little critters, and they can spread throughout the kitchen and get onto cutting boards, utensils, countertops, and food. They're foodborne bacteria—and if eaten, they can cause foodborne illness. So on your mark, get set, go . . . CLEAN!



### Wash!

**Always wash hands with warm water and soap:**

- before handling food;
- after handling food;
- after using the bathroom;
- after changing a diaper;
- after tending to a sick person;
- after blowing nose, coughing, or sneezing; and
- after handling pets.

### THE BIG 3: To Fight BAC!® always...

# 1

#### Rub-a-Dub

Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets. For best results, use warm water to moisten hands, then apply soap and rub hands together for 20 seconds before rinsing thoroughly.

# 2

#### Keep your Scene Clean

Wash your cutting boards, dishes, utensils, and countertops with hot soapy water after preparing each food item and before going on to the next food.

# 3

#### Towel Toss

Consider using paper towels to clean up kitchen surfaces. When done, throw away the towel. If you use cloth towels, wash them often in the hot cycle of your washing machine.

### Surface Cleaning Tips

Using a mixture of one teaspoon liquid chlorine bleach per quart of water can provide some added protection against bacteria on surfaces. Flood the surface with the bleach solution and allow it to stand for several minutes, then rinse and air dry or pat dry with fresh paper towels. Never use bleach or detergent to clean food. Bleach and other cleaners are not intended for consumption.

## Fruit & Veggie Handling



### PREP THE KITCHEN

Before preparing fruits and vegetables, wash your hands with warm water and soap and use hot soapy water to clean your cutting board, countertop and utensils.

**USE WATER** – Thoroughly rinse fresh produce under running tap water, including those with skins and rinds that are not eaten. Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

**SCRUB THOROUGHLY** – Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

**CUT FOR CAUTION** – Remove and throw away damaged or bruised areas on produce. Bacteria can thrive in these places.

### TIPS

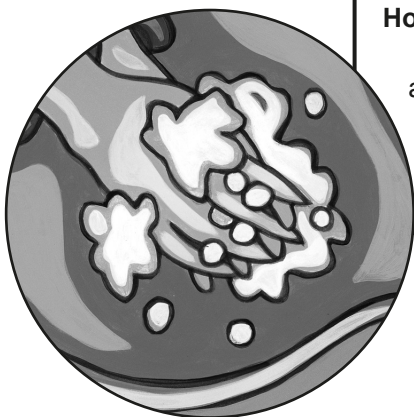
- When cooking, wash your food thermometer after each use.
- Wash lunch boxes or totes every night.
- Once a week, throw out perishable foods that should no longer be eaten.
- Wash refrigerator surfaces with hot soapy water.

## BAC! Attack

How long should you wash your hands to send bacteria down the drain?

- a. 5 seconds      b. 10 seconds      c. 15 seconds      d. 20 seconds

Answer: d – 20 seconds



- If you have questions or concerns about food safety, contact:
- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.
- The Fight BAC!® Web site at [www.fightbac.org](http://www.fightbac.org).
- Gateway to Government Food Safety Information at [www.foodsafety.gov](http://www.foodsafety.gov).

The Partnership for Food Safety, a non-profit organization, is creator and steward of the Fight BAC!® food safety education program developed using scientifically based recommendations resulting from an extensive consumer research process.