



## Food Safety Tips



1. Keep hot foods hot (140°F or above) and cold foods cold (40°F or below).
2. Wash your hands with soap and warm water for at least 20 seconds before handling food.
3. Use separate cutting boards for raw meat and fresh produce.
4. A meat thermometer is your best friend—don't rely on color alone.
5. Thaw frozen meat in the refrigerator, cold water, or the microwave, not on the countertop.
6. Refrigerate leftovers within two hours (one hour if it's over 90°F outside).



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