

# Food Safety: Five Steps to Food Safety<sup>1</sup>

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You cannot see, smell, or taste bacteria, but they can be in and on your food! Follow these five steps to protect yourself and your family from food-related illness.

## Step 1: Clean

Wash hands and surfaces often.

## Step 2: Cook

Cook foods to proper temperatures.

## Step 3: Chill

Refrigerate foods promptly.

## Step 4: Separate

Do not cross-contaminate.

## Step 5: Use Safe Water and Food

Use water and fresh wholesome foods from safe sources.



Credits: <http://www.befoodsafe.org>

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