

SAFE FOOD HANDLING AND STORAGE

- To help you and your family be food-safe, remember these four basic steps: Clean, Separate, Cook and Chill.
 - **Clean** your hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, or eggs.
 - **Separate** raw meat and poultry from all other foods, such as salad and vegetables.
 - **Cook** all foods thoroughly. Use a large print timer or talking food thermometer to help determine optimal cooking times.
 - **Chill** all leftovers within two hours.
- When buying groceries, pick up perishable foods last.
- In hot weather, use a cooler to transport perishable items home.
- Extend the shelf life of your food purchases by buying items located at the rear of store shelves.
- Foods with shorter use-by dates are often placed at the front of store shelves.

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

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