

Food Safety Tips!

✓ **Bring on the bubbles!**

Be sure to use hot soapy water (at least 100 degrees Fahrenheit) when washing your hands. The same rule applies for utensils and kitchen surfaces, so keep your hands and cooking equipment clean by letting the suds scrub away the germs!

✓ **Whistle while you work!**

Vigorously scrub those hands, fingernails, and wrists for at least 20 seconds, which is about the amount of time it will take you to whistle or sing “Happy Birthday” twice.

✓ **Wash, wash, and wash again!**

Remember to wash your hands before handling food and following any of these activities: Using the restroom, handling raw meat, fish or poultry, touching your eyes, mouth, or nose, coughing, sneezing, eating, taking out the trash, and clearing the table.

✓ **Who said a penny isn't worth anything?**

When it comes to washing your hands, a penny's worth of prevention is priceless to your health. According to the CDC, washing your hands, which costs about a penny, can prevent some pretty serious diseases and in turn save you some serious cash in doctor's bills!