

FOOD SAFETY

Don't let food make you sick!

CHECK

- Make sure your food is fresh and not damaged



CLEAN

- Wash your hands, cutting boards & counter tops with soap & water
- Always wash fruits & vegetables before eating



SEPARATE

- Keep raw meats & eggs away from other foods like fruits, vegetables & bread
- Wash hands between working with raw meat & other foods



COOK

- Make sure your food is fully cooked to proper temperatures
- Keep hot food at 140°F or above



CHILL

- Put food in the refrigerator right away
- Keep your refrigerator below 41°F



THROW AWAY

- Don't keep food that is old, damaged, or not properly refrigerated.

IF IN DOUBT - THROW IT OUT!

Kane County
Health
Department

Website: kanehealth.com

