

## **WAYS TO REDUCE THE POSSIBILITY OF FOOD BORNE ILLNESS**

1. Keep cold food cold. Refrigeration should be 41 degrees Fahrenheit or colder.  
Or store at 45 degrees Fahrenheit or colder for 3 days or less.
2. Remember first in first out. Do not keep food in refrigerator for long periods of time.
3. Cook meat products thoroughly too recommended temperatures.
4. Wash hands thoroughly before food prep work and any time during when hands are contaminated.
5. Avoid cross-contamination by washing and sanitizing utensils, working surfaces, and hands after raw meat is prepared and before ready to eat products are handled.
6. Thoroughly wash raw vegetables and fruit before serving or cooking.
7. Use proper quick cooling procedures for large volumes of food to be cooled.  
(e.g. do not place hot foods in refrigerator that are over 4 inches in depth)

If you have any food safety questions feel free to contact Ariane Cummins, Director of Environmental Health, Clay County Health Department at 601 East 12<sup>th</sup> Street, or call (618)-662-4406.