



#### DID YOU KNOW?

*It is important to consistently wash hands and kitchen surfaces before and after preparing food. 67 percent of Americans report they “always” wash cutting boards, utensils, and countertops after preparing each food.*

*– 2004 Consumer Survey, Partnership for Food Safety Education*

Fight BAC!®

## Wash hands and surfaces often.

You can't see, taste or smell them. They're sneaky little critters, and they can spread throughout the kitchen and get onto cutting boards, utensils, countertops, and food. They're foodborne bacteria—and if eaten, they can cause foodborne illness. So on your mark, get set, go . . . CLEAN!



### Wash!

**Always wash hands with warm water and soap:**

- before handling food;
- after handling food;
- after using the bathroom;
- after changing a diaper;
- after tending to a sick person;
- after blowing nose, coughing, or sneezing; and
- after handling pets.

### THE BIG 3: To Fight BAC!® always...

# 1

#### Rub-a-Dub

Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets. For best results, use warm water to moisten hands, then apply soap and rub hands together for 20 seconds before rinsing thoroughly.

# 2

#### Keep your Scene Clean

Wash your cutting boards, dishes, utensils, and countertops with hot water and soap after preparing each food item and before going on to the next food.

# 3

#### Towel Toss

Consider using paper towels to clean up kitchen surfaces. When done, throw away the towel. If you use cloth towels, wash them often in the hot cycle of your washing machine. If you use kitchen sponges, replace them frequently.

### Surface Cleaning Tips

Using a mixture of 3/4 teaspoon liquid chlorine bleach per quart of water (or one tablespoon bleach per gallon of water) can provide some added protection against bacteria on surfaces. Flood the surface with the bleach solution and allow it to stand for several minutes, then rinse with clean water and air dry or pat dry with fresh paper towels. Bleach solutions can lose their effectiveness over time, so discard unused portions after one week.

## Fruit & Veggie Handling



### REUSABLE SHOPPING BAG TIPS

- If you use cloth shopping bags, make sure to wash them in the washing machine frequently.
- For reusable grocery bags that are not machine washable, wash by hand frequently with hot water and soap.
- When shopping, put meat, poultry and fish in separate plastic bags. This will help prevent the juices from leaking out and contaminating your reusable bags and your food.

### PREP THE KITCHEN

Before preparing fruits and vegetables, wash your hands with warm water and soap and use hot water and soap to clean your cutting board, countertop and utensils.

**USE WATER** – Thoroughly rinse fresh produce under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled “ready to eat”, “washed” or triple washed” need not be washed. Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

**SCRUB THOROUGHLY** – Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

## BAC! Attack

How long should you wash your hands to send bacteria down the drain?

- a. 5 seconds      b. 10 seconds      c. 15 seconds      d. 20 seconds

Answer: d – 20 seconds

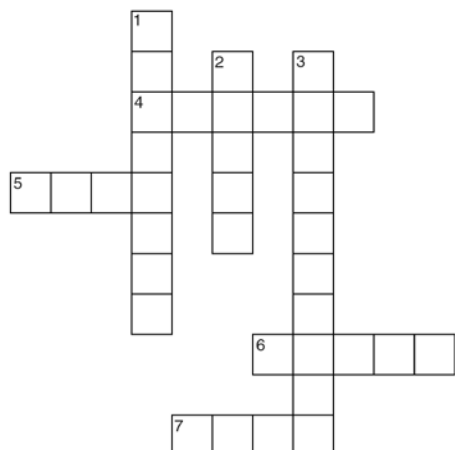


- If you have questions or concerns about food safety, contact:
- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.
- The Fight BAC!® Web site at [www.fightbac.org](http://www.fightbac.org).
- Gateway to Government Food Safety Information at [www.foodsafety.gov](http://www.foodsafety.gov).

The Partnership for Food Safety Education is a non-profit organization and creator and steward of the FightBAC!® consumer education program. The Partnership is dedicated to providing the public with science-based, actionable recommendations for the prevention of foodborne illness.

## Clean Crossword Puzzle

How much do you know about keeping your scene clean?



### DOWN

1. Place your \_\_\_\_\_ on the floor, not on the kitchen counter or table.
2. Always use clean knives, spoons, plates, and \_\_\_\_\_.
3. Use cold water to wash fruits and \_\_\_\_\_.

### ACROSS

4. Place \_\_\_\_\_ food on a clean plate.
5. Wash your hands with warm water and \_\_\_\_\_.
6. Counters should be \_\_\_\_\_ if you put food on them.
7. Wash your hands after playing with \_\_\_\_\_.