Step 1: Purchasing
• Buy perishable food last.
• Put meats in bags by themselves.

Step 2: Getting It Home
• Go home right after buying your groceries.
• Store foods immediately.

Step 3: Storing
• Separate large packages of meat into serving size packages
• Use moisture- and vapor-proof freezer containers.
• Store foods at proper temperatures.
• Date food packages.
• Use oldest foods first.
• Keep food storage areas clean and well ventilated.

Step 4: Preparing
• Wash hands in hot, soapy water.
• Thaw foods in the refrigerator, not on countertops.
• Do not put raw vegetables on the same surface where raw meat has been unless you thoroughly clean it first.

Step 5: Cooking
• Follow recipes carefully.
• Cook to proper temperatures.
• Do not start cooking unless you have time to finish.

Step 6: Serving and Holding
• Hold foods at proper temperatures. Keep hot foods hot (above 140 degrees F) and cold foods cold (below 40 degrees F).
• Keep your kitchen and surface tops clean.

Step 7 Cooling
• Handle leftovers properly.
• Protect foods from contamination.
• Put leftovers in the refrigerator after serving your meals.

Step 8: Reheating
• Reheat foods to 165 degrees F.
• Discard foods left out overnight.
• When in doubt, throw it out.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie