

## Food Safety: FIVE STEPS TO FOOD SAFETY<sup>1</sup>

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You can't see, smell, or taste bacteria, but they can be in and on your food! Follow these five steps to protect yourself and your family from food-related illness.

Step 1: Clean

Wash hands and surfaces often.

Step 2: Cook

Cook foods to proper temperatures.

Step 3: Chill

Refrigerate foods promptly.

Step 4: Separate

Don't cross-contaminate.

Step 5: Use safe water and food

Use fresh and wholesome foods and water from safe sources.

- 1. La versión en español de este documento es *Cuidado de Alimentos: ¡Mantenga Seguros Los Alimentos!* (FCS 8634-Span). This document, FCS8634, is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, IFAS, University of Florida, Gainesville, FL 32611. First published: February 2000. Revised August 2006. Please visit the EDIS Website at http://edis.ifas.ufl.edu.
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