



# S.A.F.E. Newsletter



## Handwashing

Ensure to wash your hands:

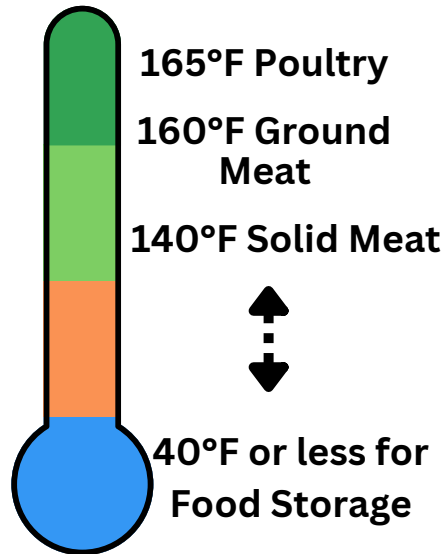
- Before Eating
- After Using the Restroom
- After touching your face or blowing your nose.
- After touching contaminated surfaces or raw meat.

Wash your hands for at least 20 seconds and ensure to scrub your hands with soap the entire time.

## Create a Safety Culture

Ensure to model good behaviors and expectations for your teams:

1. Praise your team when they successfully complete a skill.
2. Utilize different team members as training leads.
3. Empower your team by teaching them the value of safe food.
4. Use consistent terminology and plain language for all to understand.



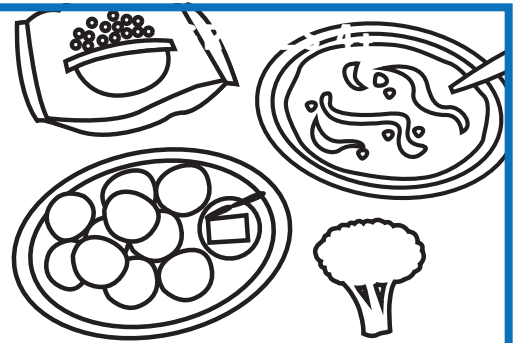
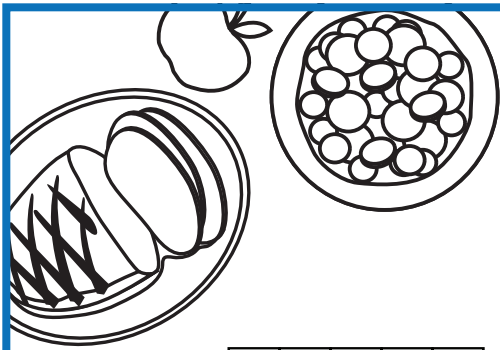
## Separating Foods

Prevent Cross-Contamination by keeping foods separate.

1. Use Separate Cutting Boards for produce, beef, poultry, and sea food.
2. Store food separately and label with their date.
3. Wash your hands before handing different food types.
4. Use separate utensils for different foods, and for uncooked and cooked foods.



**Storage: Allow food to cool and then store within two hours of cooking.**



# FOOD SAFETY CROSSWORD PUZZLE



### WORD BANK:

- Chill
- Instructions
- Foodborne illness
- Salmonella
- Eat
- One sixty five
- Separate
- Thermometer
- Core Four
- Two hours
- Rinsing
- Twenty
- Clean

### ACROSS:

1. Start out with \_\_\_\_\_ hands, surfaces and utensils before cooking.
3. What foodborne pathogen is often linked to raw eggs?
5. Four steps to help you tackle bacteria.
7. What is not a food safety step when preparing raw meat or poultry?
8. Simplify cooking with frozen foods by following these for optimal safety and quality.
9. While everyone is at risk of a \_\_\_\_\_, young children and elderly people have a higher risk.
11. It is recommended to wash hands with warm water and soap for \_\_\_\_\_ seconds.
12. Only \_\_\_\_\_ food that contains flour when it is fully cooked.

### DOWN:

1. The refrigerator is the best place to \_\_\_\_\_ perishables.
2. A \_\_\_\_\_ is a kitchen device that can ensure food is cooked to a proper temperature.
4. What temperature does poultry need to reach to be food safe?
6. Leftovers should be put in the refrigerator or freezer within \_\_\_\_\_.
10. To avoid cross contamination, keep raw meat \_\_\_\_\_ from produce.

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org)

BROUGHT TO YOU BY:

