



Cooperative Extension Service

Los Alamos County

Rio Arriba County

Santa Fe County

JUST BE IT!

Healthy and Fit



Fight BAC! Keep Family Food Safe

CLEAN: Wash hands, counters, and your table often and carefully.

Bacteria that make you sick are invisible. Yet they can spread everywhere in your kitchen, then to the food your family eats. *Involve your child with food safety at home:*



- Make proper hand washing a family habit: *before and after* handling food, and *after* using the bathroom, changing diapers, and handling pets.
- Wash kitchen utensils and surfaces with hot, soapy water. *Let your child help.*
- Wash cutting boards and sponges in hot, soapy water, *each time* they're used.
- Clean with paper towels; toss them when you're done. Wash cloth towels often in the hot cycle of your washing machine. *Make cleaning fun with colorful towels.*

SEPARATE: Keep raw and cooked food separate.

Harmful bacteria can spread from one food to others. *Show your child how to separate raw meat, poultry, and fish from other foods.*



- Keep raw meat, poultry, and fish wrapped, in sealed containers or plastic bags, so the juices won't drip out.
- Wash anything (including your hands) that touches raw meat, poultry, or fish before using it with other food.
- Never put cooked food on the same plate or cutting board that held raw food – unless you wash it first.

Hang on the refrigerator as a family reminder. Check ✓ off what you already do!



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CHILL: Refrigerate food right away.

Cold temperatures keep bacteria from growing and multiplying. *Your child can help keep foods cold:*

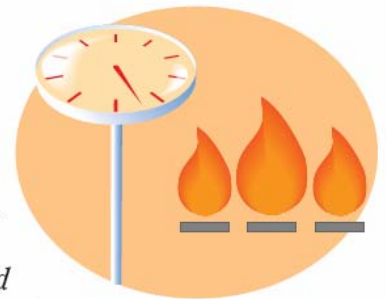
- Make sure the refrigerator door closes. Together check the temperature: refrigerator – below 40 degrees Fahrenheit; freezer – below 0 degrees Fahrenheit.
- Thaw frozen food in the refrigerator or microwave oven, not on the counter.
- Chill foods that spoil. Freeze or refrigerate leftovers and other cooked foods within two hours of cooking.
- Put leftovers in small, shallow containers to cool faster.



COOK: Cook food to a safe, proper temperature.

To kill food-borne bacteria that can make you sick, cook food long enough and at a high enough temperature for that food. *Show your child how carefully you check:*

- Use a clean meat thermometer to check:
 - Cooked hamburgers: at least 160 degrees.
 - Whole, cooked chicken: 180 degrees.
- Cook eggs until yolks and whites are firm.
- Cook fish until it's not shiny and it flakes easily with a fork.
- Reheat leftovers to at least 165 degrees.
- Wash your thermometer with hot, soapy water. Wiping with a towel isn't enough.
- Be sure your microwaved food has no cold spots. Turning (by hand or turntable) and stirring while food cooks helps.



Desaree Jimenez
Desaree Jimenez
Just Be It! Healthy & Fit
Project Coordinator
505-685-4523
deswhitf@nmsu.edu

Jacqueline S. Baca
Jacqueline S. Baca
Santa Fe County
Extension Home Economist/
4-H Agent
505-471-1711
jabaca@nmsu.edu

Kathleen S. Garcia, RN
Kathleen S. Garcia, RN
Clinical Project Coordinator
Community Diabetes Initiative
Presbyterian Health Services
Española Hospital
505-367-4402
kgarica5@phs.org

Tanya Montoya
Tanya Montoya
Rio Arriba County
Extension Home Economist
505-685-4523
tanyamon@nmsu.edu

Paula Roybal Sánchez
Paula Roybal Sánchez
Los Alamos County
Extension Home Economist/
4-H Agent
505-662-2656
paulas@nmsu.edu

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