Food Preparation Tools to Prevent Foodborne Illness

- thermometers (oven, refrigerator, meat)
- easy-to-clean cutting board
- dishwasher or draining rack
- separate hand and dish towels
- rubber gloves
- convenient waste disposal (sink system or disposable bag system)
- assortment of clean sponges, wipes, or cloths
- paper towels
- hand soap and moisturizer
- disinfectant spray
- washable cotton aprons

Acquiring Foods

- supermarket should be very clean, especially areas with fresh foods (i.e., fruits, vegetables, fish, meat)
- shop for food as last task before going home
- examine packaging and check expiration dates
- select foods that have been sanitized (e.g., pasteurization, irradiation)
- prevent juices from meats leaking onto other foods or your hands
- canned and bottle goods should have slightly concave tops
- fish should not have come from polluted waters

Proper Food Storage

- refrigerator: 40° - 42°F
- freezer: 0°F
- refrigerate perishables as soon as you get home
- refrigerate meat or poultry for 2 days or less; freeze for longer storage
- package meat or poultry so they don’t leak fluids
- refrigerate eggs
- wrap frozen foods carefully and tightly with a minimum of air
- check the refrigerator daily and throw out perishables older than 5 days or showing mold
- refrigerate all dressings or condiments after opening
- remember that the racks on the door are the warmest areas
- keep cabinet shelves uncluttered; throw out all open packages and clean thoroughly at first sign of insect infestation
- clean up cupboard spills immediately
- clean under rotating cupboard racks