



## **Be Smart, Keep Foods Apart**

*Cross-contamination occurs when bacteria is spread from raw meat, poultry, and fish to other foods such as produce, dairy, and non perishables. Harmful bacteria can move from one food to the other by direct contact, through juices and drippings, or with the help of un-sanitized cooking tools and surfaces. Here are a few helpful tips for avoiding the dangers of cross-contamination!*

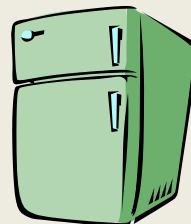
### *When Shopping:*

- Cleaning products and fresh meats should be kept separate from each other and other food.
- Section off the shopping cart to keep fresh produce and meat separated.
- Fresh meat should be carried in plastic bags to contain any juices that may be present.



### *For Storage:*

- Use tightly sealed bags and containers to store meat so juices do not leak.
- Meats should be kept on the lowest shelf in the refrigerator so juices do not drip onto other food.
- Discard the remaining sauce after removing meats from marinades.



### *During Preparation:*

- Wash hands after touching raw meat.
- Cutting boards with grooved edges keep juices from reaching the counter top.
- Keep one set of knives and cutting boards for meats and a separate set for fresh produce.
- Never return meat to the same plate after it has been cooked.



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