*Food Safety\_ Week 3*

Cleanliness Helps Prevent Foodborne Illness

Cleanliness is a major factor in preventing foodborne illness. Even with food safety inspection and monitoring at Federal, State, and local government facilities, the contracting entities role is to make sure food is handled safely after it is purchased. Everything that touches food should be clean. The following educational video highlights the importance of keeping your environment clean.

<https://youtu.be/JFq4sWTzTA8>

Listed below are steps we can take to help prevent foodborne illness by safely handling food in preparation facilities:

1. Wash hands with warm, soapy water for 20 seconds: anytime clean hands become in contact with an unclean surface.  
   **Examples;** *not limited to:* 
   * before and after handling food
   * after using the bathroom
   * after changing a diaper
   * after handling pets
   * after tending to a sick person
   * after blowing your nose, coughing, or sneezing
   * after handling uncooked eggs or raw meat, poultry, or fish and their juices.

2. To keep cutting boards clean, wash them in hot, soapy water after each use; then rinse and air or pat dry with clean paper towels.

**TIP:** Cutting boards can be sanitized with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes; then rinse and air or pat dry with clean paper towels.

3. Don't use the same platter and utensils that held the raw product to serve the cooked product. Any bacteria present in the raw meat or juices can contaminate the safely cooked product. Serve cooked products on clean plates, using clean utensils and clean hands.

4. When using a food thermometer, it is important to wash the probe after each use with hot, soapy water before reinserting it into a food.

5. Keep pets, household cleaners, and other chemicals away from food and surfaces used for food.

6. When serving food or cooking outdoors; take plenty of clean utensils. Pack clean, dry, and wet and soapy cloths for cleaning surfaces and hands.

Because bacteria are everywhere, cleanliness is a major factor in preventing foodborne illness. By keeping everything clean that comes in contact with food, consumers can be assured they are helping to do their part to ***Be Food Safe*** .

<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/cleanliness-helps-prevent-foodborne-illness/CT_Index>

