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UC FOOD SAFETY CE UPDATE

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Holiday Food Safety

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The holiday season is here and that means lots of get-togethers with lots of food. Whether you are hosting a sit down dinner or holiday buffet, it's important to be aware of food safety practices.

By following these 11 tips, you can reduce the risk of foodborne illness to your family and friends.

Tips to Reduce Risk of Foodborne Illness

1. Suds up for 20 seconds.

Wash hands with soap under warm, running water before and after handling food to fight bacteria.

2. Start with a clean scene.

Wash cutting boards, dishes, countertops, and utensils with hot water and soap.

3. Keep foods separate.

Separate raw meat, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.

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Tips to Reduce Risk of Foodborne Illness

(continued)

4. Don't rinse meat or poultry.

It is **not** a safety step and can spread germs around your kitchen.

5. Keep your refrigerator at 40°F or below.

Refrigerate leftovers in shallow containers within two hours.

6. Read and follow package cooking instructions.

The instructions may call for a conventional oven, convection oven, toaster oven, or microwave, and it's important to use the proper appliance to ensure even cooking.

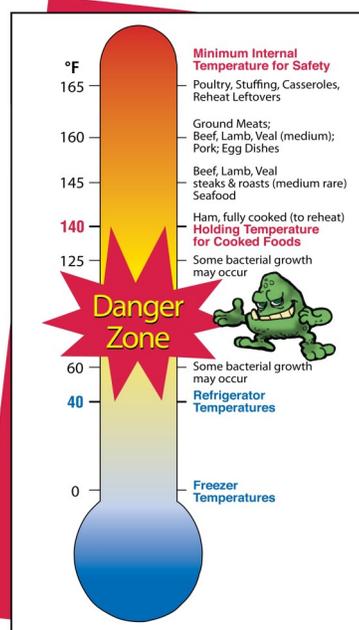
7. Rinse fresh fruits and vegetables.

Rinse under tap water, including those with skins and rinds that are not eaten.



8. Place meat and poultry in plastic bags provided at the meat counter.

Keep it in the plastic bag in your refrigerator at home.



9. Never defrost at room temperature.

Safely defrost food in the refrigerator, in cold water, or in the microwave.

10. Use a food thermometer.

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.

11. Clean out your refrigerator.

No leftovers past 3-4 days.