



cooking with kids

*Prepare safe meals at home,
and keep your family healthy.*

1. Clean - wash hands, utensils and surfaces often.
2. Separate - keep foods separate. Use a separate board for cutting raw meat, poultry and seafood. Use a clean plate for cooked foods.
3. Cook to a safe temperature. Undercooked meats can cause food poisoning.
4. Chill foods - Never leave perishable foods out of the refrigerator for more than 2 hours.

Clean - Separate - Cook - Chill



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