



# Health and Wellness Tip of the Week - Week 39

## Monthly Topic

September is *National Food Safety Education Month*. Provide employees with food safety tips for a healthy fall season.

September 29, 2014

## Keeping Food Safe

To stay healthy, here are a few food safety tips:

- Keep food that spoils cold or frozen. Set the refrigerator at 40 °F or below and the freezer at 0 °F or below.
- Only thaw food in the refrigerator, in the microwave or in cold water. Cook food right away if thawed in cold water or the microwave.
- Wash hands for at least 20 seconds with warm soapy water before and after working in the kitchen with food.
- Make sure kitchens, tools and cutting boards are kept clean.
- Keep raw meat, poultry and seafood away from other foods.
- Don't leave food out for more than two hours. If it's above 90 °F, don't leave food out for more than an hour.
- Always cook meat, fish and poultry fully. Set the oven at 325 °F or higher when cooking.



Clean your hands, utensils and kitchen



Cook food properly



Chill food promptly



Separate raw and cooked foods

Human Resources  
Department  
1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8630

*Source: U.S. Department of Agriculture*