

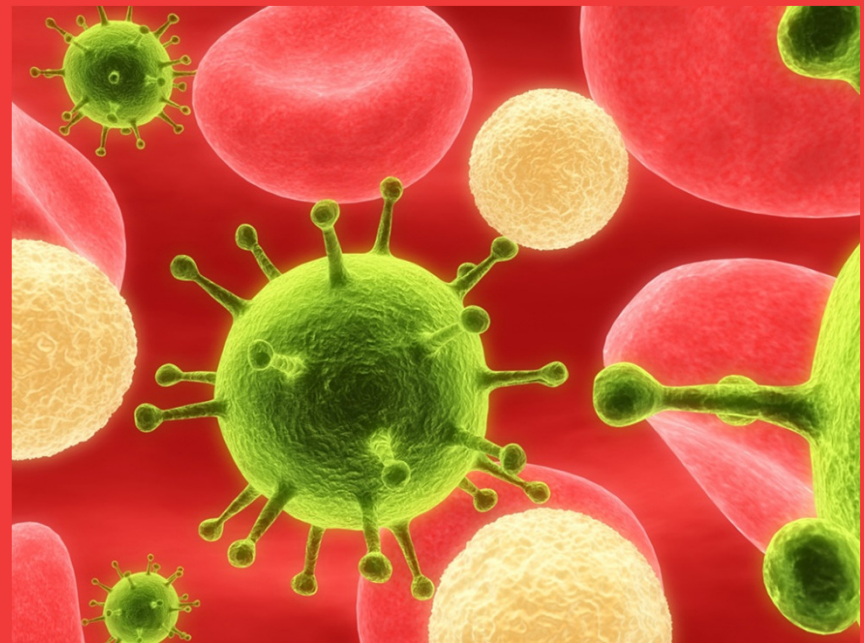
Keeping Yourself and Your Food Safe



Why does food safety matter?

Sometimes food can contain bacteria that might make you sick.

YOU can protect yourself, stay healthy, and help prevent the spread of bacteria.



Before eating



- Wash your hands.**
- Look at expiration dates.**
- Do not eat food that has been sitting out.**
- Wash fruits and vegetables.**

After eating

- **Wash all surfaces.**
- **Tightly cover leftover food and put in refrigerator.**
- **Eat leftovers within 3-4 days or freeze them.**
- **Eat frozen leftovers within 2 months.**



Foods that may not be safe

- **Expired food**
- **Moldy food**
- **Fruit with broken skin**
- **Dented cans**
- **Uncovered food**



Be a teacher

- **Now that you know how to keep yourself and your food safe, teach others about food safety!**



Sources

http://www.kidshealth.org/teen/food_fitness/nutrition/food_safety.html