

# You chose fresh, local food!

## Now prepare it safely!

Any food, whether it's produced conventionally, organically, or in your own garden, may be contaminated with bacteria.

In your own kitchen it's up to you to prepare food properly to avoid foodborne illness and to stay healthy.

Use these simple tips to protect your health.



For more information, see:

[www.mass.gov/dph/fpp](http://www.mass.gov/dph/fpp)

or

[www.mass.gov/agr](http://www.mass.gov/agr)

For proper cooking temperatures, see:

[www.fsis.usda.gov/](http://www.fsis.usda.gov/Is_It_Done_Yet/)

[Is\\_It\\_Done\\_Yet/](http://www.fsis.usda.gov/Is_It_Done_Yet/)



### Clean and Separate

- Wash your hands with warm water and soap before preparing food.
- Rinse all raw fruits and vegetables.
- Separate fresh fruits and vegetables from raw meats, poultry, and seafood.
- Clean cutting boards and utensils after contact with raw meats, poultry, and seafood.

### Cook and Chill

- Cook meat, poultry, and seafood to the proper temperature, using a food thermometer.
- Cook eggs until the yolk and white are firm.
- Refrigerate or freeze perishable foods and leftovers within 2 hours of purchase or use.