

↔ SEPARATE



Separate Raw Meat, Poultry, Seafood and Eggs from Other Foods



Use Separate Cutting Boards, Plates and Utensils



Safely Marinate

Get it Straight – it's Safer to Separate



Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen.

Separate Raw Meat, Poultry, Seafood and Eggs from Other Foods

Harmful bacteria from raw meat, poultry, seafood and eggs can spread to other foods if they are not separated properly. This is especially risky when bacteria are spread to foods that are eaten raw, such as fresh fruits and vegetables. **Separate** and prevent cross-contamination by taking these steps:

In the Grocery Store

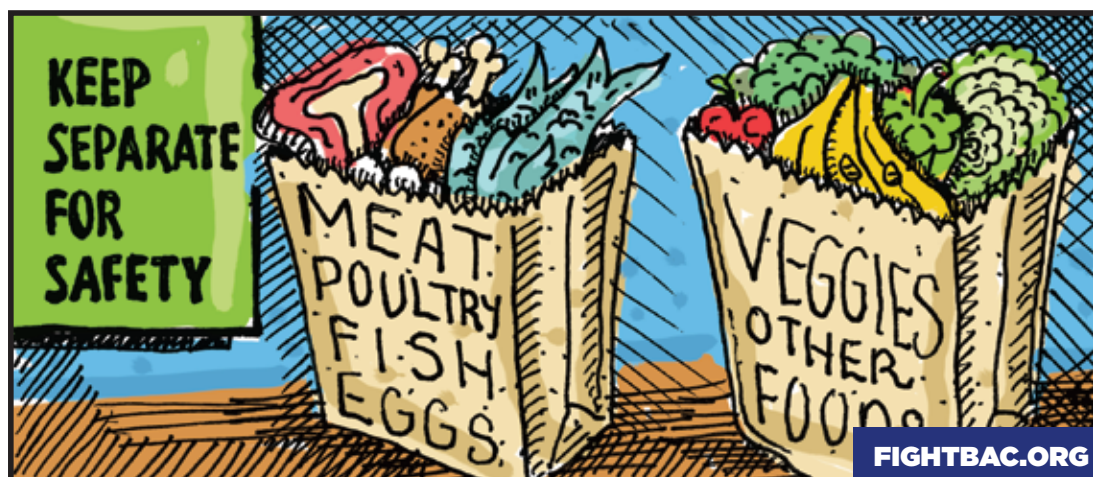
- Separate raw meat, poultry, seafood and eggs from other foods in your **shopping cart**. Place these products in **separate plastic bags** to prevent juices from getting on other foods.
- If you use reusable grocery bags, wash them frequently in the washing machine.

At Home

- Separate raw meat, poultry, seafood and eggs from other foods in the **refrigerator**. Place them in **containers or sealed plastic bags on the bottom shelf** of the refrigerator.
- If you are not planning to use these foods within a few days, freeze them.

Be a ProducePro

- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. For more information on safely handling produce, check out our **ProducePro fact sheet** at fightbac.org.



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Use Separate Cutting Boards, Plates and Utensils

Use separate cutting boards:

- One for fresh produce
- Another one for raw meat, poultry and seafood

Use separate plates and utensils:

- For cooked foods
- For raw foods

Never place cooked food back on a plate that previously held raw meat, poultry, seafood or eggs. **Wash the plate with hot water and soap** before using with other foods.



Safely Marinate

Sauce that is used to marinate raw meat, poultry or seafood should not be used on cooked food unless it is boiled first to destroy any harmful bacteria.

Reminder: Wash Hands!

Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs that can make you sick.



THE FOUR WAYS TO FIGHT BAC!

CLEAN



SEPARATE



COOK



CHILL



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