



Food Safety Tips

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- Always wash your hands with warm water and soap before preparing food. Dry hands with a clean dry cloth or paper towel.
- Use hot, soapy water to make sure kitchen surfaces and utensils are clean before preparing food.
- Wash fresh fruits and vegetables, including those with skins and rinds that are not eaten.
- Use different cutting boards and utensils for vegetables/fruit and raw meat. Wash hands after handling raw meat and before moving on to your next task.

Check HealthLink BC File #59a for more food safety tips:

<http://www.healthlinkbc.ca/healthfiles/pdf/hfile59a.pdf>