

# Food Safety Basics

Here are some basic food safety tips.

We'll start easy.

Always wash your hands before and after preparing food.

Have separate cutting boards. One for fresh produce and one for raw meat.

Color coding helps you know which is which.

Never place cooked food back on a surface that had raw food.

If you are going to marinate, always do it in the refrigerator.

The same goes for thawing frozen food. The fridge is best for safe slow thawing.

When you have leftovers or other perishable food, refrigerate those within 1 to 2 hours.

Stay safe out there.