



Proudly brought
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alyasra
FOODS



Bacteria. Juices from raw meats, poultry and seafood can spread to other food items on your chopping board and grocery cart and cause food poisoning. Separate your meat, poultry, seafood and produce.

SEPARATEit

Juices from raw food items contain bacteria that can spread to your ready-to-eat food items in the fridge, grocery cart or chopping board. Find out if you're separating right by using the checklist below. Better yet, place it on your fridge as a reminder.

- Use separate chopping boards for poultry, meat, seafood, fruits and vegetables, and other food items like cheese and bread
- Use separate utensils (plates, knives, etc.) for cooked foods, fruits and vegetables, raw meat, and poultry
- Keep eggs in the original carton and store on the shelves of the refrigerator—not on the door
- Keep meat, poultry, seafood and eggs separate from all other food items in the grocery cart and fridge
- Use plastic bags to store raw food items such as meat, poultry and seafood
- Place your ready-to-eat food items and your raw food items on separate surfaces on your kitchen top and in your grocery cart

THE 4 BASICS OF FOOD SAFETY

CLEAN

Wash your hands for 20 seconds before and after handling any food and wash surfaces and utensils after each use.

SEPARATE

Separate food items in the grocery cart, refrigerator and on the cutting board.

COOK

Cook food items at the right temperature by using a food thermometer.

CHILL

Chill food items in a freezer that is at least -18 °C and refrigerate perishable food items within 2 hours of exposure.

