



Clean:

Wash hands and surfaces often

Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, sponges and counter tops.

So, always:

- Wash your hands with hot, soapy water before handling food as well as after using the bathroom, changing diapers, and touching pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot, soapy water after preparing each food item and before you go on to the next food.
- Sanitize surfaces if you are preparing food for individuals who are at high risk for foodborne illness.
- Use plastic or other non-porous cutting boards. These boards should be run through the dishwasher or washed in hot soapy water after each use.
- Wipe kitchen surfaces with a paper towel. However, if you do use cloth towels, wash them often on the hot cycle in your washing machine.

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