



Separate: Don't Cross-Contaminate

Cross-contamination is how bacteria can be spread from one food or surface to another. This is especially true when handling raw meat, fish, and poultry. So, keep these foods and their juices ways from ready-to-eat foods, such as raw fruits, vegetables, deli meats, and properly cooked foods that are stored in your refrigerator. Fight BAC! by:

- Separating raw meat, fish, and poultry from other foods in your shopping cart and in your refrigerator.
- Using a different cutting board for raw meats, fish, and poultry, if possible.
- Always washing hands, cutting boards, dishes, and utensils with hot, soapy water after they come in contact with raw meat, poultry, or seafood.
- Never placing cooked food on a plate that previously held raw eat, poultry, or seafood and that has not been properly cleaned.

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