



## *Chicken Safety*

It is assumed that most raw chicken contains Salmonella. When handling and cooking raw chicken, follow these tips to keep you, your family, and friends Salmonella-free!

- ✓ Store chicken in a refrigerator that measures 41°F.



- ✓ Thoroughly wash your hands with soap and warm water for a full 20 seconds before and after handling raw chicken.

- ✓ Do not rinse or soak your raw chicken in order to prevent the spread of Salmonella onto other surfaces.

- ✓ Cook chicken to an internal temperature of 165°F and use a food thermometer. A thermometer will help ensure you have reached the proper temperature to kill the bacteria.

- ✓ Cutting boards and other utensils should be run through the dishwasher, or washed with soap and hot water after each use. Using bleach will add an additional layer of food safety as well.



- ✓ Other tips include:

- When purchasing raw chicken, ensure that the package is cold and that you grab it at the end of your shopping trip.
- Store raw chicken on a plate or tray in the refrigerator so raw juices don't drip onto other food.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry or seafood unless the plate has been washed with hot soapy water.
- Don't spread bacteria with dirty sponges, dishcloths or towels. Bacteria often thrive in the moist areas of these items where bits of food may also exist. Have a stock of paper towels or freshly cleaned sponges or cloths and soap and hot water to clean food preparation surfaces.



For more information, go to [www.fightbac.org](http://www.fightbac.org)