

Clean.

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.



be food safe.



clean

wash hands & surfaces often

- **WASH** hands with warm water and soap for 20 seconds before and after handling food.
- **WASH** 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.
- **RINSE** fruit and vegetables under running tap water, including those with skin and rinds that are not eaten.

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