

Side Dishes

Cross Contamination

It Can Be Prevented In Your Kitchen

Cross contamination is a common mistake made in many household kitchens. It occurs when harmful bacteria from a contaminated source (e.g. raw meat, poultry, seafood) are transferred to a non-contaminated source (e.g. fresh fruit, clean refrigerator shelf, properly cooked foods). Below you will find some simple steps to follow in order to prevent cross contamination from happening in your kitchen.

- Hand washing is extremely important in preventing cross contamination in your kitchen. Always wash your hands before and after meal preparation. You should also wash your hands frequently during the preparation process, especially after each time you handle raw meat, poultry, or seafood.



Hand Washing Guide



- Moisten hands with warm water and apply soap.
- Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
- Rinse hands and dry with a clean towel, preferably paper. Do not dry your hands on the towel used for drying dishes.

- Storing your food correctly will also reduce the risk of cross contamination.
 - Raw meat, poultry, and seafood should be stored on the bottom shelf of the refrigerator. Have a plate or a pan under them to catch any juices that may drip.
 - Place cooked foods, fruits, vegetables, and ready-to-eat foods on separate shelves or bins, away from raw meats, poultry, or seafood.
 - Place all of your leftovers in a clean, preferably airtight storage container or resealable food storage bag.
- Be sure your cutting board is clean before each use. It is a good idea to have one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.



**Raw meat, poultry
and seafood**



**Produce and
bread**

- Discard any marinade sauces that were used on raw meat, poultry, or seafood. It is not a good idea to use the sauce on cooked foods unless you boil it just before using.
- Always use a clean plate when serving cooked foods.

Do not reuse any plate or cutting board that held raw meat without washing it first.

