



Keep it Clean!  
Watch those Juices!  
Remember to spread  
the word—not the  
bacteria!



## Combat Cross-Contamination Get it straight—it's safe to separate!

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry and seafood can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen.

### Separate. . .Don't Cross-Contaminate

#### KEEP IT CLEAN!

##### Lather Up

Always wash hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets. Always start with a clean scene—wash cutting boards, dishes, countertops, and utensils with hot soapy water.

##### Take Two

Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.

##### Clean Your Plate

Never place cooked food back on a plate that previously held raw meat, poultry, seafood, or eggs.

#### WATCH THOSE JUICES!

##### Safely Separate

Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and shopping bags, and in your refrigerator.

##### Seal It

To prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or plastic bags on the bottom shelf of the fridge.

##### Marinating Mandate

Sauce that is used to marinate raw meat, poultry or seafood should not be used on cooked food unless it is boiled first.



- If you have questions or concerns about food safety, contact:
- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.
- The Fight BAC!® Web site at [www.fightbac.org](http://www.fightbac.org).
- Gateway to Government Food Safety Information at [www.foodsafety.gov](http://www.foodsafety.gov).

The Partnership for Food Safety, a non-profit organization, is creator and steward of the Fight BAC!® food safety education program developed using scientifically based recommendations resulting from an extensive consumer research process.