



Good for You!

Keep Food Safe.....Keep Families Safe

Keep book bags, purses and reusable shopping bags off your kitchen counter – bacteria can spread to your food.

Change dish cloths and kitchen hand towels daily. Wash in the machine on the hot cycle.

Sponges are a perfect breeding ground for germs and bacteria. *To reuse sponges safely, sterilize them in the microwave. Place a wet sponge in the microwave for 2 minutes on high. Be careful when you remove the sponge because it will be hot.*

Wash the tops of cans before opening. Germs and bacteria on the lid could get into the food. Can openers need to be washed too!

Place meat, poultry and fish in separate plastic bags so they don't contaminate other foods in your shopping cart.

Use a wipe – provided in many stores – to remove germs from



the shopping cart. Sanitize the handle, seat and your hands.

Fruits and Vegetables Need Washing

- Wash your hands before preparing fresh vegetables.
- Make sure that knives, cutting boards, containers, and other kitchen surfaces are clean.



- Remove and throw away outer leaves on lettuce and cabbage.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting or cooking. Scrub with a clean brush if necessary.
- You should not use detergent when washing fruits and vegetables. Some detergent may be left on the produce because of its porous surface.
- Even if you plan to peel the produce before eating, it is still important to wash it first. Any bacteria on the outside of items like melons can be transferred to the inside when you cut or peel them.
- Be sure to refrigerate cut or peeled fruits and vegetables within two hours after preparation.



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Steps to Good Handwashing

Wash your hands – front and back, between your fingers, under your fingernails – in warm, soapy water for about 20 seconds. Have your kids sing the Alphabet Song while they wash. Rinse well with warm water. Dry hands on a clean towel.



When Should You Wash Your Hands?

Before: handling or preparing food
eating meals or feeding children

After: preparing meals
touching raw meats and eggs
sneezing, blowing your nose and coughing
using the restroom or changing diapers
playing with pets
using the phone or computer
touching a cut or open sore
handling garbage or dirty dishes



Can I Use Hand Sanitizer?

When you're at a picnic, shopping or in a place that does not have running water and soap, use an alcohol-based hand sanitizer. Apply 1 to 2 pumps to thoroughly wet hands, then rub hands together briskly until dry.



Good Ideas!

Sanitize Cutting Boards and Counter Tops

Make sure that knives, cutting boards, containers, and other kitchen surfaces are clean.

- Whether you use a wood or plastic cutting board, clean and sanitize after every use.
- Mix 2 teaspoons bleach in a quart of water. Label spray bottle with the words "bleach-water."
- Spray cutting boards and counters with bleach solution and air-dry.

Wash Reusable Cloth Shopping Bags

Reusable cloth bags need to be washed between uses to prevent growth of bacteria.

Remove plastic bottom and wipe clean. Hand wash or machine wash bag and hang to dry.



This material is funded by USDA SNAP. USDA is an equal opportunity employer and provider. SNAP provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. For information, call 1-888-369-4777.

For more information, contact your local Extension Office