

Better safe than sorry!

Are you the type of person who leaves their food on the counter for like five hours, and then eats it? Most of us have done it at some point in our lives, but it is essential for us to never overlook food safety. Here are some key messages that will help you maintain your food safe always:

1. [Avoid cross-contamination](#): Cross-contamination happens when bacteria are accidentally transferred from one place to another. So always use a different, clean cutting board for fruits and vegetables so they don't touch the raw meat. Remember to always separate raw foods from the ones you are ready to eat. Always place your raw meats into the refrigerator or freezer in the lowest shelf to avoid any of its juices dripping on your fresh produce! Ready-to-eat foods, as sandwiches, sausages, and cheese, can be placed on the top or middle shelf., while fruits and vegetables should be placed in the bottom drawers. These drawers were made so that fresh produce does not dry out as easily and stays fresh longer. Sauces, bottled drinks, and juices can be placed in the door.



2. [Keep your food away from the danger zone](#): The danger zone is the range of temperatures, 41 degrees F to 135 degrees F, in which microorganisms grow best. Food should stay in the danger zone no more than three hours to prevent microorganism growth.
3. [Hand-washing](#): Did you know that handwashing can prevent the spreading of many microorganisms? Remember to do the proper technique, washing your hands with warm water for at least 20 seconds (equal to singing "Happy Birthday" two times).

Be safe, live safe, eat safe!

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