

Food Safety Tips

- Wash hands.



- Keep your hands, cooking utensils and the kitchen (countertops, floors, etc.) clean.



- Thaw food in the refrigerator.

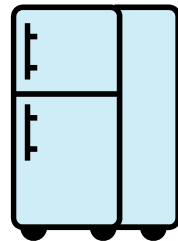
- Keep hot foods hot and cold foods cold.

- Use a food thermometer to be sure meat is fully cooked.



- Refrigerate leftovers immediately.

- Foods should not be left at room temperature for more than 2 hours.



The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact:

Name:

Office phone number: