FOOD SAFETY
RULES

PRECAUTIONS TO TAKE

› When you're at home
› When you're at REPS

Food Safety Tips for Everyone

Millions of people get sick every year from food they've eaten. And that's why we all need to follow some basic food-safety rules. Following these rules at Reps and at home will reduce your risk of getting food-borne illnesses by a lot.

WHEN YOU'RE AT REPS

Preparing Food

1. Wash your hands with hot water and soap BEFORE and AFTER handling food in the kitchen.
2. Always give fruits and veggies a good scrubbing with plain water.
3. Throw away the outside layers of leafy greens like lettuce and spinach.
4. Do NOT use any fruit that has broken skin – bacteria could have gotten inside the fruit.
5. Do NOT use any food that is past its expiration date.

Storing food:

1. Always put leftovers in the fridge as soon as possible. When food's left out at room temperature, bacteria can multiply quickly.
2. Always store leftovers in containers that can snap shut or cover them tightly with plastic or aluminum.
3. At the end of the day, throw away all leftovers. We'll start fresh tomorrow!
4. For any kind of food, remember the rule "when in doubt, throw it out." Don't take chances with your health or anyone else's!

WHEN YOU'RE AT HOME

Shopping for Food

1. Do NOT buy fruit with broken skin – bacteria could have gotten inside the fruit.
2. Do NOT buy unpasteurized cider or juices – they could have bacteria, too.
3. Do NOT buy food that is past its expiration date or that will pass its expiration date before you use it.
4. Do NOT buy any meat or produce that smells strange (even if it hasn't passed its expiration date).
5. Do NOT buy eggs that are cracked or dirty.
6. Always separate raw meat from any foods in your cart that you're going to eat raw. Any bacteria in the meat will be killed if you cook it properly. But if bacteria get into foods you're not going to cook, they could make you sick.

Preparing Food

1. Wash your hands with hot water and soap BEFORE and AFTER handling food in the kitchen.
2. Always give fruits and veggies a good scrubbing with plain water.

Preparing Foods [continued]

3. Throw away the outside layers of leafy greens like lettuce and spinach.
4. Do NOT leave eggs out at room temperature for more than 2 hours.
5. Do NOT thaw meat at room temperature. Always thaw meat in the refrigerator or in the microwave.
6. Keep raw meats away from other kinds of foods.
7. If you use a knife or other utensil on raw meat, wash it before you use it on another food.
8. Use one cutting board for raw meat and another cutting board for everything else.
9. Always cook meat until it has reached the proper temperature.

Storing food:

1. Always put leftovers in the fridge as soon as possible. When food's left out at room temperature, bacteria can multiply quickly.
2. Always store leftovers in containers that can snap shut or cover them tightly with plastic or aluminum.
3. Always eat leftovers within 4 days or freeze them. Eat any frozen leftovers within 2 months.
4. For any kind of food, remember the rule "when in doubt, throw it out." Don't take chances with your health or anyone else's!