



Name: _____

Date: _____

Almost Always	Sometimes	Almost Never
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CHILL			
1. I keep my refrigerator between 32°F and 40°F.			
2. I put hot leftover food in shallow containers in the refrigerator to cool.			
3. I refrigerate fresh meat, chicken and turkey and use it within 5 days. I refrigerate fresh fish and use it within 1 to 2 days.			
4. I thaw frozen meat, chicken, turkey and fish in the refrigerator.			
5. I refrigerate meat, chicken, fish, eggs, milk, and cheese right away when I bring them home from the grocery store.			
COOK			
1. I use a thermometer to make sure I have cooked meat, wild game, chicken, turkey and fish thoroughly.			
2. I cook eggs until the whites and yolks are firm, not soft or runny.			
3. I cook and reheat foods thoroughly when using a microwave oven.			
STORE			
1. I check my cupboards every few weeks and bring old canned goods to the front so that I will remember to use them.			
2. I purchase cans of food that are not bulging, rusted, leaking, or heavily dented.			
3. I store household chemicals such as bleach and cleanser away from food and out of reach of children.			
CLEAN			
1. I wash my hand for 20 seconds with warm, soapy water before eating or handling food.			
2. I wash all fresh fruits and vegetables before I eat them or cook them.			
3. I clean up raw meat juice spills on the floor or kitchen counter right away.			
4. I wash dishes in hot, soapy water, rinse them with water, and let them air dry.			
5. I keep my garbage can covered and empty it as soon as it is full.			
SEPARATE			
1. After cutting up raw meat, chicken and fish, I clean my cutting board with hot soapy water and rinse with clean water.			
2. I put cooked or grilled meat onto a clean plate, not the plate that held the raw meat.			