Food Safety Basics

Cooking

To avoid getting sick from foodborne pathogens use caution when handling seafood and raw meat (particularly poultry, which can carry salmonella).

- Hands should be washed after handling seafood or raw meat with soap and water.
- Clean any cooking area where seafood or raw meat was handled with disinfectant wipes.
- Do not reuse cooking utensils that have touched seafood or raw meat without washing them first.
- Any dishes that have come in contact with seafood or raw meat should be washed with soap and water.

Transporting Food

Packing your own meals is often healthiest and most economical way to eat.

- To safely transport and store food to be eaten later, consider investing in an insulated lunch box, and reusable cold packs (buy 2 so one can always be in the freezer and available to keep food cold).
- Meat or seafood should be eaten at lunchtime if not stored in the refrigerator (even if packed in a cooler with a cold pack), and not saved for later in the day.
- Vegetarian dishes can be left out of the refrigerator longer, and would still be safe to eat at dinner if stored in a cooler with a cold pack.
- Cooked food (particularly if it contains meat, eggs, or mayonnaise) should not be left out at room temperature for more than 2 hours (1 hour if in a hot environment).