

# Clean.

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives and countertops. Frequent cleaning can prevent that from happening.



be food safe.



clean

wash hands & surfaces often

- **WASH** hands with warm water and soap for 20 seconds before and after handling food.
- **WASH** cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- **RINSE** fruit and vegetables under cool running water, including those with skin and rinds that are not eaten.



**simcoe  
muskoka**  
DISTRICT HEALTH UNIT

Canadian Partnership for Consumer Food Safety Education