CLEAN HANDS, HEALTHY HOME

These food safety steps will help keep you and your family healthy.

1. Wash your hands before eating every meal, every time.
2. Wash your hands before helping in the kitchen.
3. Wash your hands after handling raw meat, flour and eggs.

Proper Handwashing Steps

1. **WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **LATHER** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **SCRUB** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **RINSE** your hands well under clean, running water.
5. **DRY** your hands using a clean towel or air dry them.

Learn more about food safety and get safe recipes at www.fightbac.org