



County & State 4-H Food Events

Quick Food Safety Tips

Hey 4-H Foodies, as you gear up to participate in your next 4-H food event, keep *Healthy Living* in mind. Food safety is a part of healthy living and when followed correctly, can be as easy as 1, 2, 3...

Let's revisit a few simple food safety steps you should follow to make your next County & State 4-H Food Event a success!

1. Clean your work area and utensils
2. Wash your hands thoroughly with soap and water before handling food
3. Be careful not to cross-contaminate (spread germs across surfaces and food)
4. Thaw all food appropriately according to the [USDA's recommendations](#)
5. Cook food thoroughly to the [minimum internal temperature](#)
6. Never handle cooked food with your bare hands; wear gloves or use spatulas, tongs, or deli tissue
7. When holding and serving food, be sure to keep cold food 40°F or below and hot food 140°F or above
8. Quickly cool food before storing it in the refrigerator
9. Minimize leaving food in the Temperature Danger Zone of 40°F to 140°F during defrosting, cooking, and cooling
10. Don't forget to fill your cooler with ice and grab a clean thermometer

Remember 4-H Foodies, when it's time to share your delicious creations, make sure guests and taste-testers:

- ✓ Only touch food they are consuming
- ✓ Know that hand sanitizers are available (*if hand sanitizers are available*)
- ✓ Have testing spoons/forks available when necessary to avoid double-dipping
- ✓ Do not cough and sneeze over food
- ✓ Do not leave any leftover food near the vending/serving area
- ✓ BOW DOWN TO YOU, CULINARY GENIUS

HAPPY COOKING!

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