

# FOOD SAFETY TIPS

While the American food supply is among the safest in the world, there are about 48 million cases of foodborne illness yearly.

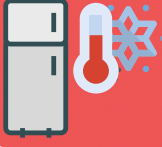
Here are 6 steps you can take, to reducing your risk of getting foodborne illnesses.

**CHECK**  
 that the fresh fruits and vegetables you buy are not bruised or damaged

6

**RINSE**  
 fresh fruits and vegetables before eating

5

**CHILL**  
 Refrigerate all cut, peeled or cooked fresh fruits and vegetables within 2 hours of preparing.

4

1

**CLEAN**  
Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables 

2

**SEPARATE**  
produce from raw meat, seafood, chicken, eggs and household chemicals 

3

**THROW AWAY**  
bruised, damaged or potentially cross-contaminated produce. If in doubt, throw it away. 