**Safe Food Practices**

- **Wash your hands, utensils, and surfaces:** Use hot, soapy water for at least 20 seconds before and after handling food.
- **Keep your food cold:** Use appliances that keep your food at safe cold temperatures.
- **Use a separate cutting board:** Use a separate cutting board for raw meat and poultry to prevent cross contamination.
- **Restrain perishable food:** Keep food refrigerated or at a safe cold temperature when doing the shopping.
- **Cook thoroughly:** Make sure all food is cooked to a safe internal temperature.
- **Use separate cutting boards:** Use separate cutting boards for raw meat and poultry.
- **Avoid outdoor cooking:** Avoid outdoor cooking if the temperature is above 90°F, especially within 1 hour of sunset.

**Note:** Prevention is the key for food safety. Always remember to wash your hands, utensils, and surfaces before and after handling food. Always use a separate cutting board for raw meat and poultry to prevent cross contamination. Always keep food refrigerated or at a safe cold temperature when doing the shopping. Always make sure all food is cooked to a safe internal temperature. Always use separate cutting boards for raw meat and poultry. Always avoid outdoor cooking if the temperature is above 90°F, especially within 1 hour of sunset.

**What do Food Labels Mean?**

- **USDA Organic:** Organic products must meet certain standards, such as being grown without synthetic pesticides or fertilizers.
- **Non-GMO:** Products that are labeled as Non-GMO are not genetically modified.
- **Open Date:** The open date is the date by which the product should be consumed.
- **Best If Used By (or Similar Date):** The best if used by date is the date by which the product should be used.
- **Packaged in, Manufacturer On:** The packaging date is the date the product was packaged.

**Online Food Resources**

- **Real Food Facts:** A comprehensive resource for understanding food labels and ingredients.
- **American Farm Bureau Foundation for Agriculture:** Provides information on agriculture and food issues.
- **American Heart Association:** Offers information on heart healthy eating.
- **Food Lists:** Provides information on food lists and nutrition information.
- **Univeristy of Minnesota Extension:** Offers information on healthy eating and nutrition.
- **National Postharvest and Storage Handbook:** Provides information on postharvest and storage practices.
- **Join us today:** Join the Minnesota Farm Bureau today.

**Minnesota Farmers Care**

- **Animals:** Promotes the well-being of farm animals.
- **Environment:** Promotes sustainable farming practices.
- **Food:** Promotes food security and access.
- **Family:** Promotes family farming and rural communities.