

CORE 4

Help prevent foodborne illness.
Remember to **clean**.



Clean

- Wash your hands with soap and warm water thoroughly for at least 20 seconds, including before and after touching raw meat, poultry and seafood.
- Clean work surfaces, cutting boards, dishes and utensils with hot soapy water before and after preparing different kinds of food items.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.



Learn more about safe handwashing techniques by visiting the [Division of Food Safety Consumer Resources and Outreach website](#).