

FARM FRIDAY FUN

WITH ARIZONA AGRICULTURE

FOOD SAFETY



Food safety starts in the field. Farmers work hard to provide safe food. Farm workers go through food safety training!



Many farms have employed a Food Safety Specialist.



Food Safety does not stop on the farm! You play a large role in keeping your food safe.



Before preparing food, be sure you properly wash your hands with warm, soapy water for 20 seconds.



Always rinse fruits and veggies.



Keep raw meat, poultry, seafood, and eggs away from other foods.



When thawing raw meat or poultry, you should use the refrigerator or microwave. Leaving it on the counter at room temperature isn't a safe method!



Once a fruit or vegetable has been cut, it should be refrigerated! The food is open to the environment and can grow bacteria.



Rise produce before eating it. This will help stop the spread of microbes or bacteria.



When in doubt, throw it out!

