



Orientation

Handwashing

Our hands are the main route of transferring bacteria to food. Good hand hygiene is the cornerstone to safe food-handling practice. It may seem like a simple procedure, but it is only effective if done correctly.

Examples of times that hands should be washed:

- Before touching food
- Before and after eating
- After using the bathroom
- After coughing, sneezing, or blowing your nose
- After touching your hair or face
- After handling raw meat, poultry, or fish

Other suggestions when hand-washing may be needed? (seek input from group)

Let's Get Cookin'!