



### A weekly question/answer column

## How Can I Keep My Kitchen Safe From Harmful Bacteria?

*Charlotte Brennand\* answers:*

#### (Second in a four-part series on food safety in the kitchen— SEPARATE)

Cross-contamination is the scientific word for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry and seafood, so keep these foods and their juices away from ready-to-eat foods. Here are some more tips.

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.
- Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.
- Never place cooked food on an unwashed plate which previously held raw meat, poultry or seafood.

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