Chef Solus Food Safety Word Challenge

1. Keep raw meat **separate** from cooked meat.

2. Leftovers should be stored in the **refrigerator**.

3. **Wash** your hands before and after touching food.

4. The best way to make sure meat is cooked is by checking the **temperature**.

5. Wash your hands for **20 seconds** to remove all germs.

6. Always use a **meat thermometer** when cooking meat.

7. **Defrost** foods in the refrigerator not on the counter.

8. Food should be stored in the refrigerator within **2 hours** or else it will begin to spoil.