

Preparing Food

Cross-contamination

Cross-contamination occurs when germs pass between food items, cutting boards, surfaces or knives and utensils.



Follow these tips to avoid cross-contamination:

- Always wash hands before preparing food.
- Always keep raw meat, poultry and fish on separate cutting boards from vegetables and ready-to-eat foods.
- Clean knives, utensils and cutting boards with soap and water after touching meat, poultry or fish.
- Wash your hands thoroughly after touching raw meat, fish or poultry.
- Always put cooked food on a clean plate.

Health Tip

You should never prepare food for others if you're sick with diarrhea or vomiting.