

Together, Sharing Food Safely©

United Tribes Technical College
Land Grant Extension Program
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Cross Contamination

Cross contamination happens when a germ from raw or unwashed food gets onto food that is ready to serve or will not be cooked again before being eaten.

Unsafe water, unwashed hands, counter tops and cooking tools that have not been sanitized cause cross contamination

Avoid Cross Contamination

- After touching raw meat, poultry, and seafood wash your hands, cutting boards, dishes, and utensils with hot, soapy water.
- Sanitize counter tops, cooking tools and storage containers.
- Never place cooked food back on the same plate or cutting board that previously held raw food.
- Have a separate cutting board for fresh produce and ready to eat foods like breads and vegetables. Thoroughly scrub and sanitize after each use.
- Use a separate cutting board for raw meats, poultry, and fish. Wash in the dishwasher or thoroughly scrub and sanitize after each use. Do not use this board for ready to eat foods. Bacteria might be hiding in knife scars or small cracks.
- Separate raw meat, poultry, and seafood from other foods in the grocery cart and in the refrigerator.
- Always store raw meat and eggs below other foods in the refrigerator.
- Sauce used to marinate raw meat, poultry, or seafood needs to be boiled before it is added to cooked food.
- At large feasts and public settings serving utensils must be kept in the food with the handle sticking out of the food.

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