



Prepare foods safely for good health!

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What is the **HEALTHY WAY** to prepare food?

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Learn how to **PREPARE** your **FOOD SAFELY!**

- WASH YOUR HANDS WITH SOAP AND WATER BEFORE PREPARING FOODS EVERY TIME
- WASH VEGETABLES BEFORE EATING OR COOKING THEM
- USE CLEAN UTENSILS
- COOK MEAT, FISH, AND EGGS THOROUGHLY – UNTIL THEY ARE WELL DONE
- STORE FOODS IN A CLEAN PLACE

Talk to a health care provider you trust at your workplace or in your community

CALL: +00 123 456 789 - 00 · MAIL@HEALTHYWORKER.COM