Coloring Book

Dear Parents,

Together we have a responsibility to prevent foodborne illness. The USDA Food Safety Mobile is doing its part by traveling coast to coast, visiting towns—big and small, reaching and teaching consumers about the importance of keeping food safe. Its fun and larger-than-life design shows BAC!—foodborne bacteria—being chased by food safety messengers: Clean, Separate, Cook, and Chill.

The Mobile food safety staff teams with local educators to promote the four Fight BAC!® messages:

1. **Clean:** Wash hands and surfaces often.
2. **Separate:** Don't cross-contaminate.
3. **Cook:** Cook to proper temperatures.
4. **Chill:** Refrigerate promptly.

USDA's Food Safety and Inspection Service launched the Thermy™ campaign to encourage consumers to use food thermometers when they cook meat, poultry, or egg products. Thermy™'s message is: "It's Safe To Bite When the Temperature Is Right!" Using a food thermometer is the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria.

Infants and young children, pregnant women, and older adults are at greatest risk for foodborne illness, as are all people with weakened immune systems caused by cancer treatment, AIDS, diabetes, kidney disease, and organ transplants.

This booklet of coloring pages gets children familiar with the four simple steps to food safety. For more information, check these Web sites with your children:

www.fsis.usda.gov

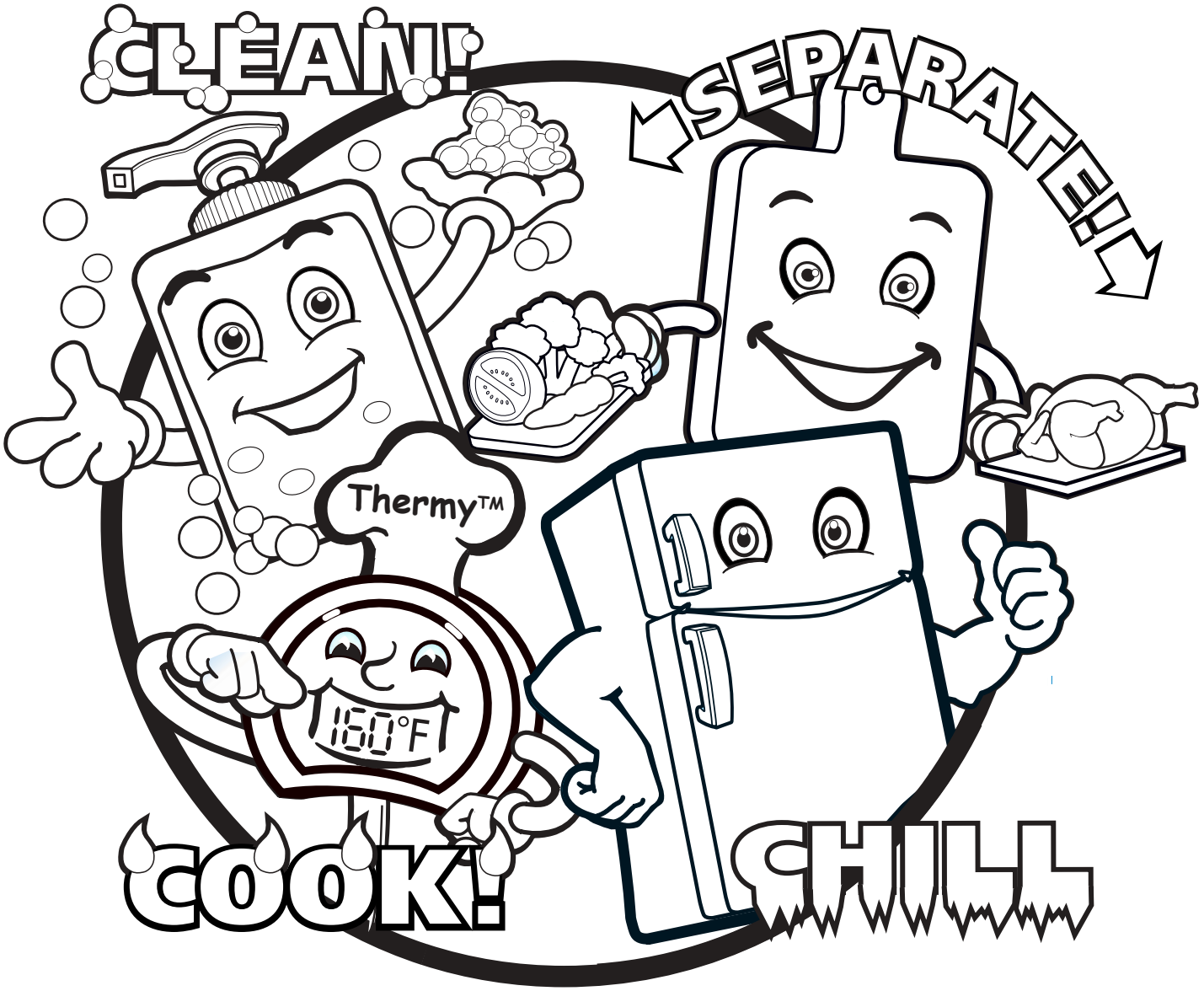
www.fsis.usda.gov/thermy

www.fightbac.org

For questions on food safety, contact the **USDA Meat and Poultry Hotline at 1-888-MPHotline** (1-888-674-6854), TTY: 1-800-256-7072, or email: mphotline.fsis@usda.gov.

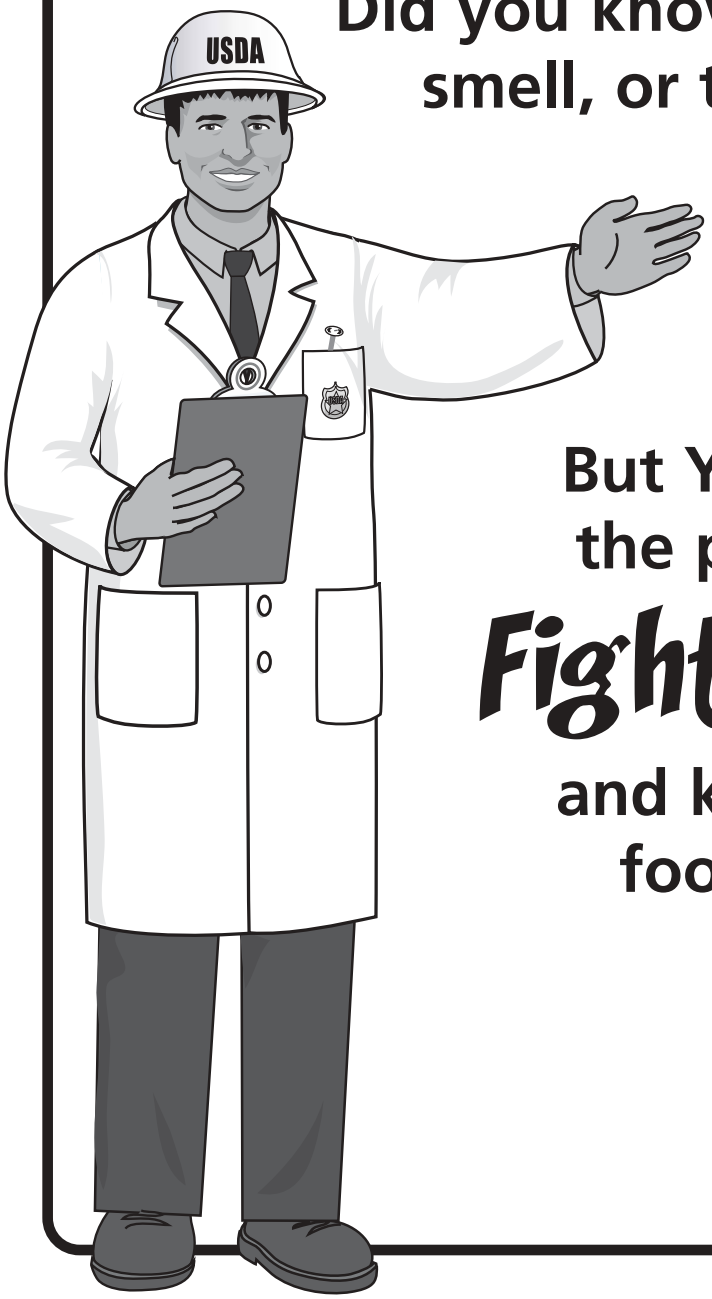
Note: These coloring pages may be duplicated for educational purposes.

Keep Food Safe!



Here's BAC!
He is on the attack.
BAC! is quick.
He can really
make you SICK!

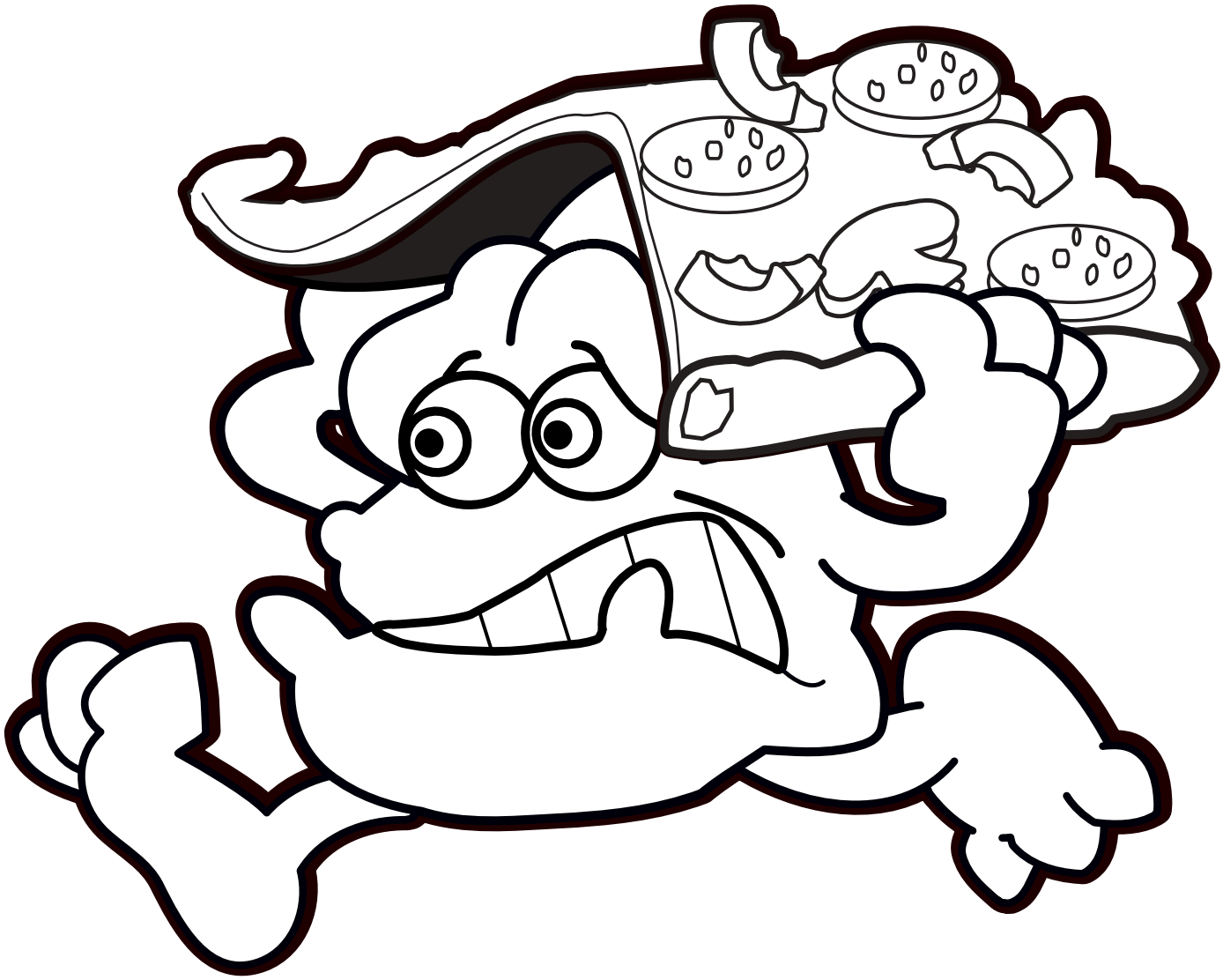
Did you know: You can't see,
smell, or taste bacteria.



But YOU have
the power to

Fight BAC!®

and keep your
food safe!



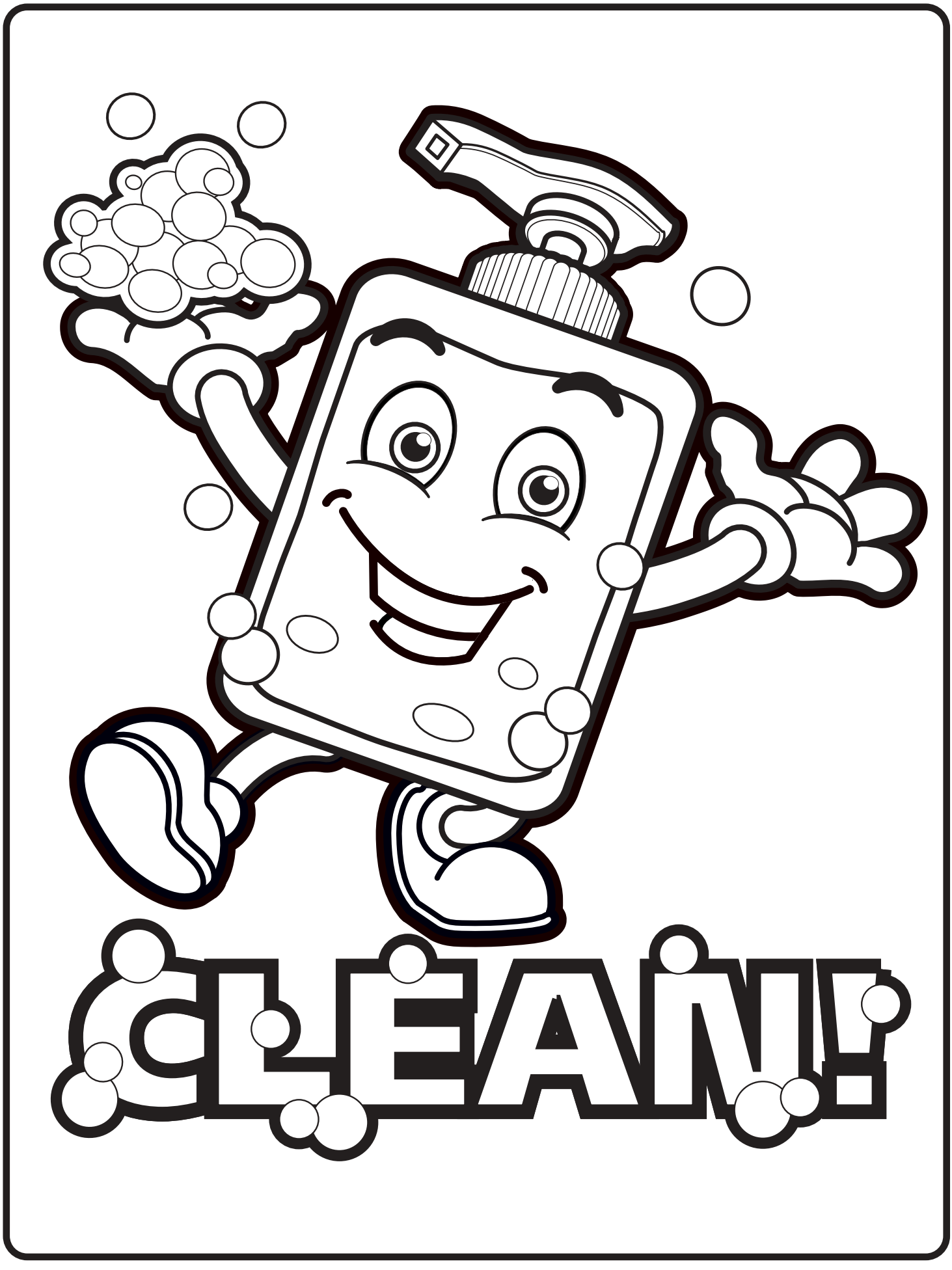
FIGHT BAC!®

Keep Food Safe From Bacteria

Wash your hands for 20 seconds (sing Happy Birthday 2 times)

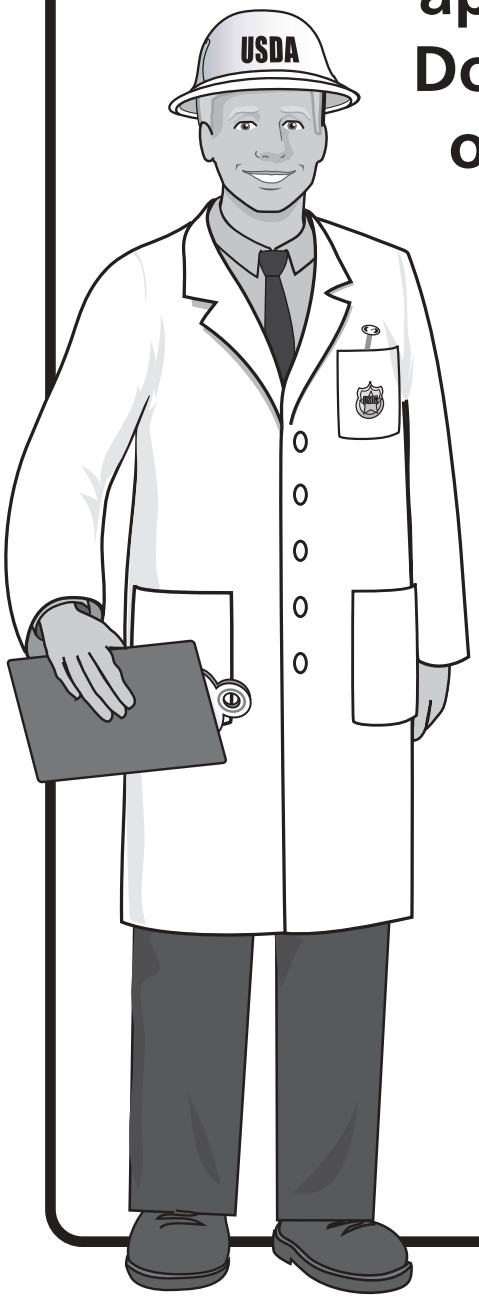
Wash with soap and warm water:

- ☑ **before you eat,**
- ☑ **after you play with pets,**
- ☑ **after you use the bathroom, and**
- ☑ **after you sneeze, cough, or blow your nose.**

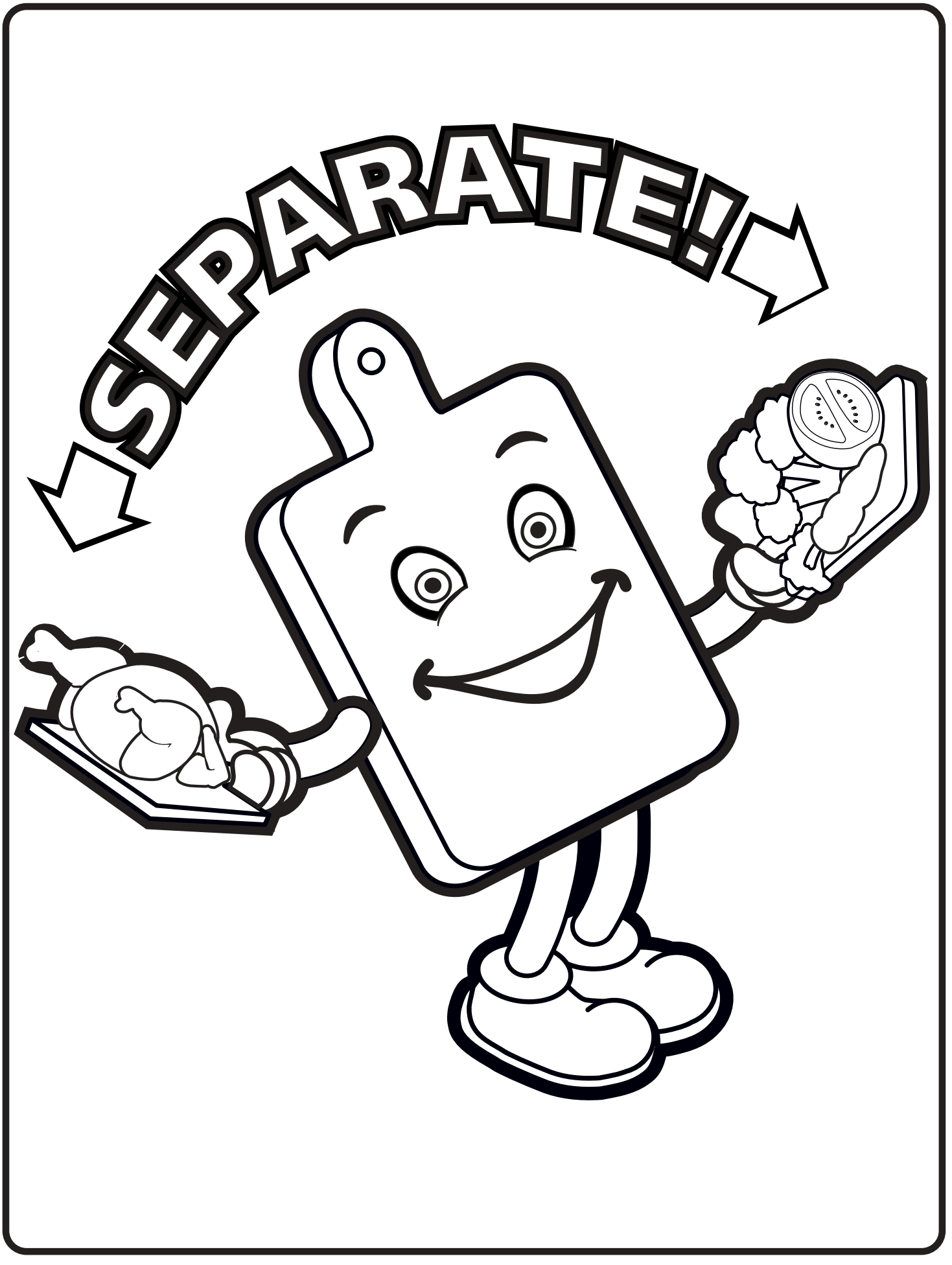

CLEAN!

Be smart.
Keep foods apart.
Bacteria can spread from
one food to another.

Remind grown-ups to always keep
raw meat, poultry, and seafood
apart from other foods.
Don't let raw juices drip
on other foods. Yuck!



Don't put cooked
foods on a plate
that held raw
meat, poultry,
or seafood.
(Bacteria could
be hiding!)
Always use a
clean plate.


SEPARATE!

Meet Thermy™!

Thermy™ says:
"It's Safe To Bite When the Temperature Is Right!"

Tell grown-ups to use Thermy™, a food thermometer, when they cook.

Check the temperature of food to be sure it's safe, because you don't want to get sick.

New Temperature Rules!

revised February 2007

- Beef, veal, lamb: at least 145 ˚F
- Hamburgers, ground meat, pork: 160 ˚F
- Chicken or turkey–ground and pieces: 165 ˚F
- Chicken or turkey–whole: 165 ˚F
- Leftovers, casseroles: 165 ˚F

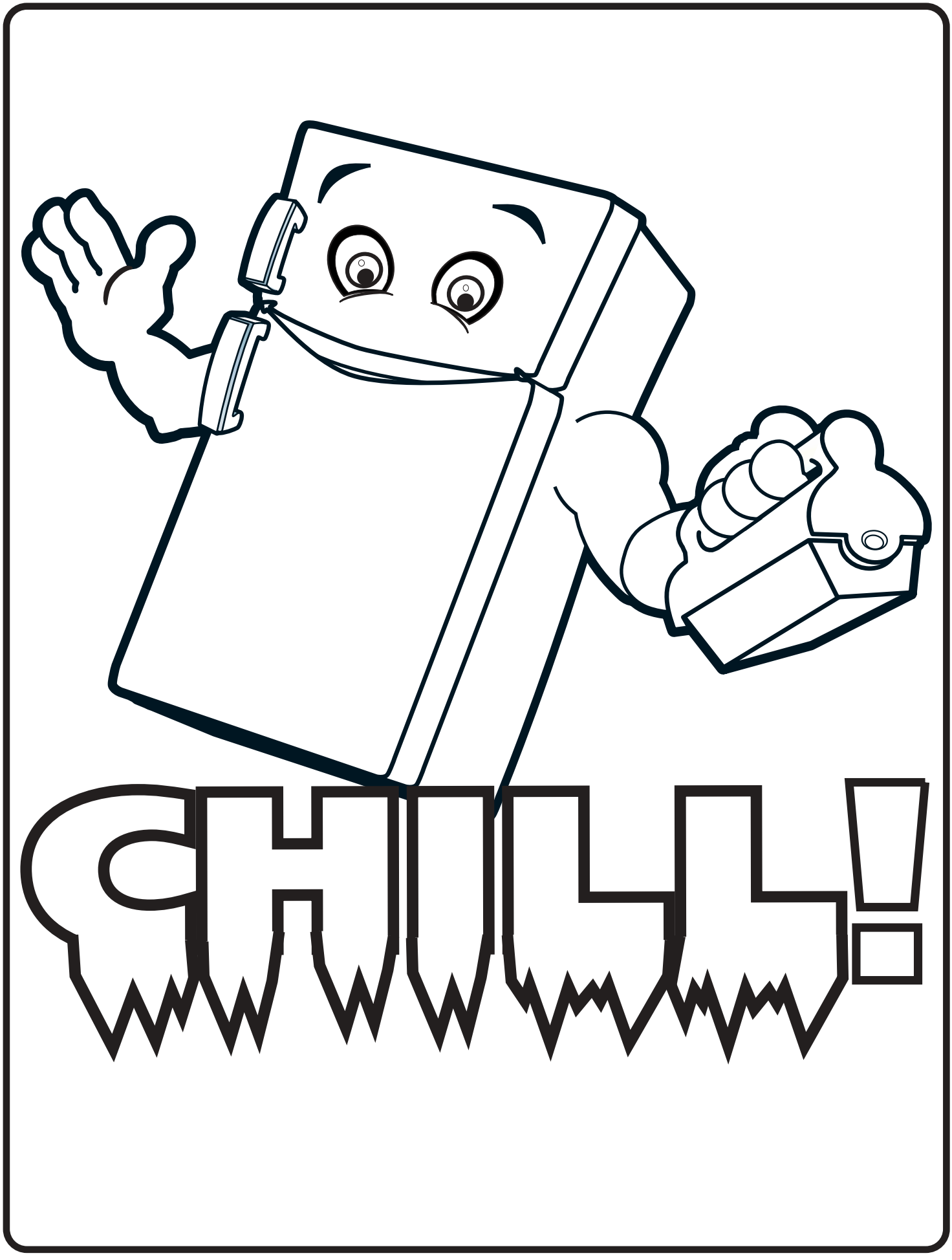
Thermy™
"IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!"
160°F
COOK!

Keep Cold Food Cold!

In the refrigerator, 40 °F or below.

Use an insulated lunch box or bag to keep food cold at school. Add a frozen gel pack or frozen juice box to keep food cold.

Keep your lunch in a cool place, not in the hot sun.


CHILL!

When in Doubt, Throw it Out!

Remember:
YOU have the power to

Fight BAC!®

and keep your food safe!

Unscramble the four ways to keep food safe.

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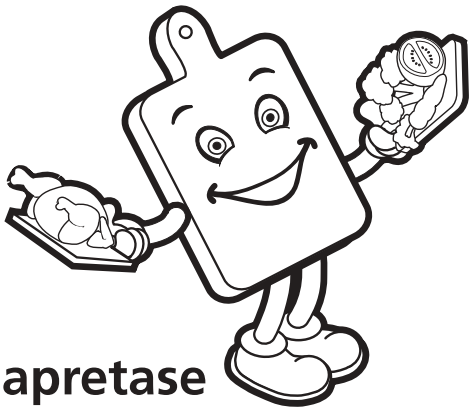

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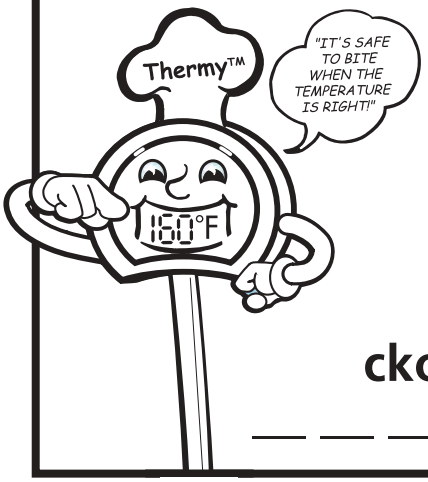

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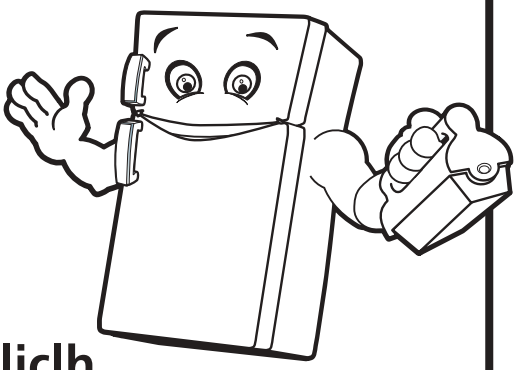

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Visit the USDA Food Safety Mobile

www.fsis.usda.gov

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February, 2007

USDA

United States Department of Agriculture
Food Safety and Inspection Service