

Cook
Learn
Share
Enjoy
♥

Everything HERBAL
by Cheryl Jabz

Good
Food
Happy
People
♥

Bubbie's COOKING CLASS

KEEP FOOD SAFE

Safe Food ♥ Happy Meals ♥ Healthy People

Bubbie
♥

HAPPINESS
IS
HOMEMADE
♥

Good
Food
Starts
with
Good
Habits
♥

1

WASH YOUR
HANDS



Wash your hands
before and during
food preparation.



Clean Hands
Healthier Meals
Happier People
♥

2

KEEP RAW MEAT
SEPARATE



Keep raw meat separate
from ready-to-eat foods.



Separate Today
Safer Tomorrow
♥

3

USE A FOOD
THERMOMETER



Use a food thermometer
rather than relying only
on appearance to determine
whether meat, poultry,
seafood, and egg dishes
are safely cooked. ♥

Check the Temp
Cook with Confidence
♥

Good Cooking
Includes
Food Safety
♥

Safe Food
Strong Families
Bright Tomorrows
♥

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Herbs for the Body • Peace for the Soul • Live Well Naturally Every Day. ♥

