

Slow Cooker Safety



It is important to follow some simple guidelines to cook food safely in a slow cooker.

- Begin with a clean cooker, clean hands, clean utensils, and clean work area.
- Keep perishable foods refrigerated until ready for cooking. If you cut up meats and vegetables ahead of time store them separately in the refrigerator.
- Meat and poultry should be thawed and cut into small uniform pieces before placing in slow cooker.
- Fill the cooker no less than 1/2 full and no more than 2/3 full.
- Add enough liquid (broth, water or barbecue sauce) to keep the food moist during cooking.
- Keep the lid in place unless the recipe calls for adding ingredients later on in the cooking process.
- If you are not at home during the entire time your food is cooking in the slow cooker, and the power has gone out at home, throw away the food to avoid getting a foodborne illness.

FAMILY MEALTIME – **Have family mealtimes often.** Families that eat home-cooked meals together are more likely to eat healthier meals, their children do better in school, and their teens are less likely to use alcohol or drugs.



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