



General TIPS for Creating Facebook Posts:

- Use post as “teaser” to entice followers to click through links. Give a brief point about the link that makes someone want to find out more.
- Images tend to get better engagement than text-only, links or videos.
- Keep posts short and to the point.
- Ask questions at the end of the post, which is more like a natural conversation, to encourage followers to engage with your post.

TIP for Food Safety Posts:

- Since food safety can be somewhat “dry,” try tying these posts into holidays, seasonal or current events, etc.

This document contains 52 different posts about Food Safety. The intention is that these 52 posts will provide you with one post per week for a year if posting Monday - Friday.

Food Safety Social Media Posts

1. Looking for a quick way to add vegetables to your meal? Check out these tips for preparing foods safely in the microwave <http://tinyurl.com/7c9gnob>
2. Keep it safe. Remember, even if you plan to peel vegetables or fruit before eating, it is still important to wash it first to remove any bacteria that could be on the peel.
3. “Use by” or “best if used by” date is not a safety-related date. It’s the last date recommended for use of the product at optimal quality. “Expiration” date means don’t consume the product after this date.
4. When cooking meat, remember to always use a meat thermometer—it’s the only way to really know if it’s cooked properly! Check here for the safe



minimum temperatures:

<http://www.foodsafety.gov/keep/charts/mintemp.html>

5. Keep your family safe! Remember, refrigerate leftovers within 2 hours of preparation. Throw away anything that's been kept at room temperature for longer.
6. Wash your hands before you make or eat a snack. Hands carry lots of germs, and not washing hands is a top cause of foodborne illness. Check the proper steps here: <http://www.cdc.gov/cdctv/handstogether/>
7. Safety Tip: At the grocery store, bag fresh fruits and vegetables separately from meat, poultry and seafood products. Read here for more grocery store safety tips: <http://edis.ifas.ufl.edu/pdffiles/FY/FY129000.pdf>
8. Safety Tip: At the grocery store, bag fresh fruits and vegetables separately from meat, poultry and seafood products. Read here for more grocery store safety tips: <http://edis.ifas.ufl.edu/pdffiles/FY/FY129000.pdf>
9. Springtime is often a motivation to give your home a thorough cleaning. When scrubbing the kitchen, include a "refrigerator make-over" on your to-do list. Not only will the fridge be spotless, it will improve the safety and quality of your foods.
10. No fridge at work? Pack your lunch in an insulated lunch bag and throw in a frozen water bottle - it works just as well as an ice pack and doubles as a refreshing noontime drink.
11. Harmful germs are everywhere! Wash your hands and follow these tips to avoid a nasty stomach bug:
http://www.cdc.gov/Features/Norovirus/index.html?s_cid=fb2191
12. How safe is your produce? Test your produce safety savvy on selecting, storing, and preparing produce. Follow this link to find out more:
<http://www.cdc.gov/features/foodsafetyquiz/index.html>
13. Following food safety practices can keep you and your family safe. How many of these common food safety myths do you know? <http://buff.ly/NapQND> !
14. As soon as kids are ready to cook, they are ready to learn about food safety. Here is a great handout to keep on the refrigerator to help them learn more.



- <http://www.eatright.org/~media/homefoodsafety/multimedia/downloads/ada005-kids-4-steps.ashx>
15. Protect yourself from illness by practicing food safety. Salmonella is a common cause of foodborne illness. These seven tips will help prevent it and other germs from making you sick. <http://1.usa.gov/137FGRC>
 16. Did you know that pregnant women are at higher risk for foodborne illnesses? Check out this list of foods to avoid or use caution with: http://www.foodsafety.gov/risk/pregnant/chklist_pregnancy.html
 17. Help keep your baby happy and healthy with these tips when using bottles. <http://www.eatright.org/resource/health/pregnancy/breast-feeding/baby-bottle-basics>
 18. Follow these simple steps for a safe home: Wash, Separate, Cook, Refrigerate. <http://ow.ly/gSL6M>
 19. Follow these steps to keep your family safe this holiday season. http://www.fsis.usda.gov/shared/PDF/Holiday_Food_Safety_Tips.pdf
 20. Tell us what you and your family do to stay safe.
 21. Did you know that the way you organize your refrigerator could help food stay fresh longer? Check out this link to get the most out of your groceries: <http://www.youtube.com/watch?v=deKm4fTrKg8&feature=youtu.be>
 22. Keep your family safe. Use the four simple food safety rules: Clean, Separate, Cook, and Chill when preparing your family's meals. Visit <http://www.fightbac.org/kidsfoodsafety/kids-games-and-activities> for fun ways to include your kids!
 23. Food Safety Tip! Before preparing food wash your hands with warm water. Keep scrubbing for the length of the "ABC's" or the "Happy Birthday" song. Remember to get between your fingers, around your nails, and wrists!
 24. Food Safety Tip! Keep raw meat, poultry, seafood, and eggs separate from other foods in your grocery-shopping cart, grocery bags, and in your refrigerator. Check other tips here: <http://www.eatright.org/~media/homefoodsafety/multimedia/downloads/grocerytotesafetytipsheet.ashx>



25. Watching the next game? If you plan to grill for the upcoming **football/basketball/any sports** season follow these guidelines for a fun, fulfilling and safe grilling experience! -
<http://www.foodsafety.gov/blog/tacklingatailgate.html>
26. Grocery Store Tip! Keep raw meats, poultry, and fish products in separate plastic bags before setting them in your cart with other foods like fresh fruits and vegetables. This helps prevent raw produce from touching meat juices that could make your family sick.
27. Grocery Store Tip! Select refrigerated and frozen foods last, just before checking out. Keep foods safe: place perishable foods in the coldest part of your car (not in the trunk) or in a cooler if travel time is more than 30 minutes.
28. Grocery Store Tip! Keep cold foods cold. Once home from the grocery store, unload perishable foods first. Put them in fridge or freezer immediately to keep them at a safe temperature.
29. Try to make the grocery store the last stop on your list so you can go directly home. If it can't be your last stop, plan ahead and bring a cooler with ice packs.
30. Reheating some food? Be sure it reaches an internal temperature of 165 degrees before you eat it.
31. Avoid the cold spots! When reheating food in the microwave oven, cover and rotate food for even heating. For more tips check here:
http://extension.usu.edu/files/publications/factsheet/fn-250_4.pdf
32. Do you use cloth grocery bags? Be sure to wash them often to avoid growing harmful bacteria. Follow these other tips to keep your family safe:
<http://www.eatright.org/~media/homefoodsafety/multimedia/downloads/grocerytotesafetytipsheet.ashx>
33. Store reusable bags in a cool, dry place, such as in your home or in the garage. Higher temperatures, like those inside of a car or a car's trunk, can cause germs to grow faster. Follow these other tips to keep your family safe:
http://www.foodsafety.gov/blog/reusable_bags.html



34. Keep it separated. Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood to prevent cross-contamination. If you have just one cutting board, be sure to wash it with hot soapy water in between each use.
35. Food Safety Tip! Sauce that is used to marinate raw meat, poultry or seafood should not be used on cooked food unless it is boiled first.
36. Taking food home from a restaurant? Follow these safety tips to ensure your meal makes it home safely:
http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-handling-of-take-out-foods/CT_Index
37. Did you know that pregnant women are at higher risk for foodborne illnesses? Check out this list of foods to avoid or use caution with:
http://www.foodsafety.gov/risk/pregnant/chklist_pregnancy.html
38. As soon as kids are ready to cook, they are ready to learn about food safety. Make it fun with this food safety word scramble!
<http://www.homefoodsafety.org/vault/2499/web/files/WordScramble.pdf>
39. Did you know some fruits and vegetables are incompatible and shouldn't be stored together? That's because certain produce give off high levels of Ethylene gas, a ripening agent that speeds decay of Ethylene-sensitive foods. Check out this guide to learn more. **Use this infographic:**
http://www.localheart.org/idc/groups/heart-public/@wcm/@cmc/documents/downloadable/ucm_465201.pdf
40. Looking for a digital app to help you with your food safety questions? Check here:
<http://www.eatright.org/~media/homefoodsafety/multimedia/downloads/app%20flier.ashx>
41. How long do you keep your kitchen sponge? And how do you know if it is still safe to use? Check here:
<http://www.eatright.org/~media/homefoodsafety/multimedia/downloads/dos%20and%20dents%20of%20sponge%20safety.ashx>
42. Cookouts and picnics are a great way to enjoy summer days with your family. But foods that are improperly stored and refrigerated can be dangerous (especially if temperatures are 90 °F or higher). Keep your family safe by



following these simple food safety

tips:<http://www.foodsafety.gov/keep/basics/chill/index.html>.

43. Whether purchased at the local grocery store or farmer’s market, or grown in your own garden, you make an effort to select the best quality produce to feed your family. Naturally, you want to retain that quality once you bring it home. A publication from UC Davis will help you properly clean and store fresh fruits and vegetables in your own kitchen to preserve flavor and nutrient value. Check it out at:

[http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/why/Storing Fruits Veggies FINAL.pdf](http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/why/Storing_Fruits_Veggies_FINAL.pdf)

44. Food safety is an important part of any chef’s kitchen--even our youngest chefs. From washing hands to reading a food thermometer, teaching kids simple food safety strategies can be educational and fun. Try incorporating games and other educational activities in the classroom or at home. For more ideas go to the following:

<http://www.nutrition.gov/life-stages/children/kids-food-safety> . Check out the cool game you see pictured.

45. Most of us are probably guilty of putting away leftovers in the fridge and forgetting about them. That scrumptious dish you prepared a week ago has somehow gotten lost in the fridge and now has to be thrown out. What a waste! Freezing leftovers is a great way to enjoy foods at a later date. Check the link to see how you can enjoy your leftovers safely AND save money:

http://www.foodsafety.gov/blog/2014/08/save_money.html

46. This holiday and everyday, challenge yourself not to wash your turkey (or other poultry). The reason is “...the force of the water hitting the poultry surface can cause bacterial spray up to three feet around the area it was washed.” Take a look:

<http://extension.umd.edu/news/don%E2%80%99t-wash-your-chicken-or-turkey>

47. Wondering what to pack in your child’s lunch? Check this list:

<http://extension.colostate.edu/docs/pubs/fammatrs/fm1009e.pdf> to be sure you are packing a safe, healthy lunch. What are your child’s favorites?

48. Plastic or wood cutting boards? Check out this post by Dr. Ben Chapman, Food Safety Extension Specialist at [NC State University](http://www.ncsu.edu) and [Barfblog](http://www.barfblog.com),

<http://foodmythsandmemes.com/2014/09/23/fast-facts-about-cutting-boards-and-food-safety-in-your-kitchen-from-the-abstract/>



49. Wiping our kitchen surfaces down with a warm, soapy dish cloth removes the visible dirt and grime but doesn't remove harmful bacteria and viruses. We need to sanitize our surfaces in addition to cleaning them. Here's how you can make your own inexpensive sanitizing solution:
<https://www.youtube.com/watch?v=OlZQIkCybdQ>
50. To learn more about food allergens check out this link:<http://www.cdc.gov/healthyyouth/foodallergies/> and be sure to talk with your doctor about any allergy issues you may have.
51. Do you or your kids invoke the 5-second rule when food falls to floor? Sadly, that rule is a myth. Studies have shown that bacteria can attach itself to the food no matter how fast you pick it up. Click to learn more:<http://bit.ly/1jsedQb>
52. When buying produce inspect it first for bumps and bruises since these may have already started to mold or contain bacteria. Refrigerate your produce as soon as you get home to keep it crisp and fresh. Wash your fruits and veggies thoroughly before eating, and make sure your hands are clean too before you wash!