



# Do Not Wash Your Chicken!



## It is too Risky

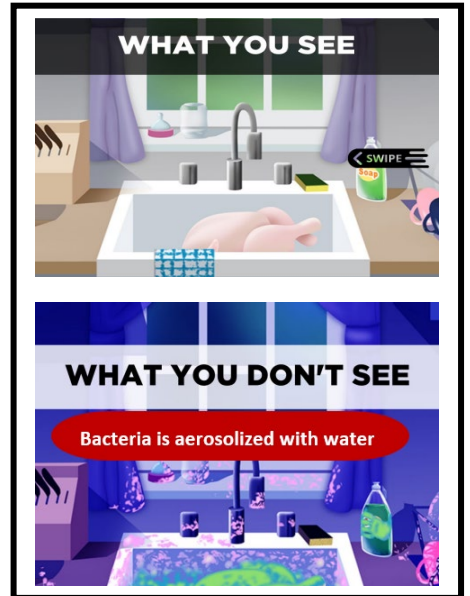
*Salmonella*, *Campylobacter*, and other harmful bacteria live on raw chicken. Washing or rinsing the chicken will only spread the bacteria around the sink and kitchen environment. Adding water to your chicken through washing or rinsing encourages the bacteria to travel.

## It is not Necessary

Cooking poultry will make your chicken safe to eat. Modern manufacturing processes clean the chicken, so there's no filth, feathers, or anything else you need to wash off. There may be a coating of water and protein on poultry, which can be wiped off with clean paper or gets cooked off.

## Handling Safely

- **Shopping:** Place package of chicken in a plastic bag to prevent the juice from leaking onto the other foods.
- **Storing:** Keep the chicken at the bottom of your refrigerator in a pan to prevent juices from dripping onto other food.
- **Handling:** Before handling raw chicken, wash your hands with warm soapy water for at least 20 seconds. Pat the chicken dry with a paper towel and place directly into the cooking pan. Cook to **165 °F** to destroy any pathogens.
- **Prepping:** Always use separate cutting boards for your chicken and vegetables or ready-to-eat foods to avoid cross-contamination.
- **Storing leftovers:** For leftovers, refrigerate or freeze them within two hours of cooking or within one hour if the temperature is over **90 °F** degrees. It is best to use your leftovers within three to four days if refrigerated (40 °F or less), and three to four months if frozen.



### References:

1. Fight BAC. (2019). Don't wash your CHICKEN. Partnership for Food Safety Education: <https://bit.ly/3Xnuaiv>
2. AskUSDA. (May 7, 2021) How long can you keep cooked chicken? Retrieved from: <https://bit.ly/3ERpxGw>