

SLOW COOKER SAFETY



Slow cookers are safe to use if care is taken to prepare and cook the food properly.

Some basic safety rules for using a slow cooker:

- Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation.
- Keep all perishable foods refrigerated until preparation time.
- Defrost meat and poultry before putting in the slow cooker.
- Cut food into small chunks/pieces so it can cook thoroughly.
- Fill cooker no less than half full and no more than two-thirds full.
- Most cookers have 2 or more heat settings.
 1. When possible, turn the cooker to the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe.
 2. For all-day cooking or for less-tender cuts of meat, it is safe to cook foods on low the entire time.
- Refrigerate leftovers within 2 hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. Cooked foods can be brought to steam on the stove or in a microwave and put in a slow cooker to keep hot for serving.