

# Certificate of Achievement

## **COOKIE ROOKIE**

I \_\_\_\_\_, herby certify that \_\_\_\_\_ was super successful in curbing his/her  
(parent) (child)  
craving for cookie dough and has promised to follow the “Cookie Rookie Pledge and Cooking Code”:

1. Wait until cookies are ooey-goey and fully baked before digging in. Steer clear of licking spoons, bowls and beaters!
2. Wash hands before, during and after handling food – that means cooking, baking and eating! Sing two choruses of “Happy Birthday” to time yourself.
3. Remind grown-ups to use two separate cutting boards for raw meat, like turkey, and ready-to-eat foods, like carrot sticks. Use two different colored cutting boards for an easy reminder.
4. Make sure grown-ups cook foods to proper temperatures by using a food thermometer. For example, make sure whole turkey is cooked to at least 165°F.
5. Help store leftover foods in a refrigerator set below 40°F. Do this within two hours after foods are cooked.

**Congratulations ... there is a new home food safety star on the rise!**

