Food Safety

CHILL

- Refrigerate perishable foods within two hours.
- Make sure your refrigerator is between 32° F. and 40° F. Your freezer should be at or below 0° F.
- Remember to store leftovers within two hours. Store them in clean, shallow containers.
- Never thaw or marinate foods on the counter.
- Thaw in the refrigerator on a plate. This may take longer, but it is the safest way to thaw meat. You can also thaw it in cold water, in the microwave, or cook your food without thawing.

Be sure and visit www.foodsafety.gov for more information on cleaning, separating, cooking, and chilling your food properly.

Source: www.foodsafety.gov
Food Safety

**Clean**

**Wash Your Hands**

Wash your hands the right way—wet your hands with warm running water and apply soap. Rub your hands together to make a lather and sing the ABCs. Rinse under warm running water. Dry thoroughly. Be sure to do this often.

**Wash Your Kitchen and Dishes**

Use clean cloths to wipe up kitchen surfaces or spills and wash these cloths in HOT water.

Wash cutting boards, utensils, and dishes with hot soapy water after preparing each item.

**Wash Your Food**

Wash fruits and veggies—but not meat, poultry, or eggs.

**How to wash produce:**
1. Cut away any damaged or bruised areas.
2. Rinse produce under running water.
3. Scrub produce with a produce brush.
4. Dry and enjoy!

**Separate**

- Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs.
- Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery store.
- Place raw meat, poultry, and seafood in containers or sealed plastic bags when you get home.
- Keep eggs in their original carton and store them in the refrigerator.
- Keep fresh and raw foods separate in the refrigerator. Place raw meat, poultry, and seafood on the lowest shelf and place produce above it.

**Cook**

Use a food thermometer to be sure food is done. Be sure to cook food to the proper temperature.

<table>
<thead>
<tr>
<th>Category</th>
<th>Temperature (Fahrenheit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground Meat &amp; Meat Mixtures</td>
<td>165°</td>
</tr>
<tr>
<td>Fresh Beef, Veal, Lamb</td>
<td>145°</td>
</tr>
<tr>
<td>Poultry</td>
<td>165°</td>
</tr>
<tr>
<td>Pork and Ham</td>
<td>145°</td>
</tr>
<tr>
<td>Eggs &amp; Egg Dishes</td>
<td>165°</td>
</tr>
<tr>
<td>Leftovers and Casseroles</td>
<td>165°</td>
</tr>
<tr>
<td>Seafood</td>
<td>145° or until it flakes easily with a fork</td>
</tr>
</tbody>
</table>

For more detailed information visit [www.foodsafety.gov/keep/charts/mintemp.html](http://www.foodsafety.gov/keep/charts/mintemp.html)

Keep food hot after cooking. After you have cooked your food keep it above 140° F. to keep it safe.

If you warm things up in the microwave, make sure to stir it during cooking time to thoroughly heat the entire dish. Heat to 165° F.
Eating well is important to your health, but part of eating well is safety.

More info at www.foodsafety.gov