

Food Safety—Clean

Wash Your Hands

Use warm, soapy water and wash your hands for 20 seconds making sure to clean between fingers and under fingernails.



Regularly Sanitize Kitchen



A large number of people use the kitchen and the kitchen isn't always used as solely a place to eat.

Wash Fruits and Veggies

Always wash your fruits and vegetables, but not meat, poultry, or eggs. Bacteria can spread from the outside to the inside as you cut or peel them.



Food Safety—Cook

Cooking Meats

Use a cooking thermometer to check the temperature of meats prior to consumption. Ground meat and meat mixtures, 165 degrees. Poultry, 165°F. Pork and ham, 145°F.



Keep Food Hot

Keep foods at or above 140V after cooking because the possibility of bacterial growth actually increases as food cools after cooking because the drop in temperature allows bacteria to thrive. Try using a warming tray or slow cooker to keep food warm.

Leftovers

Consume leftovers within 4 days. Cook leftovers to 165°F.



Library Resources

Books

Making Supper Safe	363.19 Hewitt
Threats to Food Safety	363.19 Pampel
Food Safety	363.1 Sherrow
Videos	
Food Inc.	338.19 Food

Food Safety—Chill

Chill Foods Quickly

Less than two inches deep in food storage container and within two hours of cooking because cold temperatures slow the growth of illness causing bacteria.

Thawing or Marinating Foods

Bacteria can multiply rapidly at room temperature, so thawing or marinating foods on the counter is one of the riskiest things you can do when preparing food.

Food Safety—Separate

Cross-Contamination

Be sure to not cross-contaminate foods. Use separate cutting boards for produce and for meat, poultry, seafood, and eggs.



Grocery Shopping

Keep meat, poultry, seafood, and eggs separate from all other foods in your grocery cart. Use the provided plastic bags for meats when possible.

Storing your Meats and Eggs



Keep meat, poultry, seafood, and eggs separate from all other foods in the refrigerator. If you are thawing meat in the refrigerator, assure it is on the bottom shelf and is placed on a plate.