

## 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](http://www.foodsafety.gov)**

**for more information on cleaning,  
separating, cooking, and chilling  
your food properly.**

**Falls**  
**COMMUNITY**  
**HEALTH**



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Source: [www.foodsafety.gov](http://www.foodsafety.gov)

Feel Well. Live Well.

**Food Safety**



Eating well is important to your health,  
but part of eating well is safety: cleaning,  
separating, cooking, and chilling your food.

**Falls**  
**COMMUNITY**  
**HEALTH**



# 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.

Category	Temperature (Fahrenheit)
Ground Meat & Meat Mixtures	165°
Fresh Beef, Veal, Lamb	145°
Poultry	165°
Pork and Ham	145°
Eggs & Egg Dishes	165°
Leftovers and Casseroles	165°
Seafood	145° or until it flakes easily with a fork

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.

# Think Food Safety



Eating well is  
important  
to your health,

but part of eating well  
is safety.

**CLEANING**

**SEPARATING**

**COOKING**

**CHILLING**

More info at [www.foodsafety.gov](http://www.foodsafety.gov)



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