# Food Safety
BASICS

Separate

- Cross-contamination happens when bacteria is spread from one food to another. This often happens when handling raw meat, poultry, seafood, and eggs. Prevent cross-contamination by keeping these foods (and their juices) away from ready-to-eat foods.

- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs without washing it first with hot soapy water.

- Use separate cutting boards for raw foods and ready-to-eat foods, like fresh fruits and vegetables.

> " Use separate cutting boards for raw foods and ready-to-eat foods... "

Safe Shopping

- Read food labels to make sure food is not past its "sell by" or "use by" date.

- Put raw packaged meat, poultry and seafood into a plastic bag before placing it in your cart to prevent cross-contamination.

- Buy only pasteurized milk, cheese, dairy products, and juices.

- Do not purchase fruits and vegetables that are bruised, cut, or damaged.

- Select canned good that are free of dents, rust, cracks, or bulging lids. Always clean the lid before opening the can.
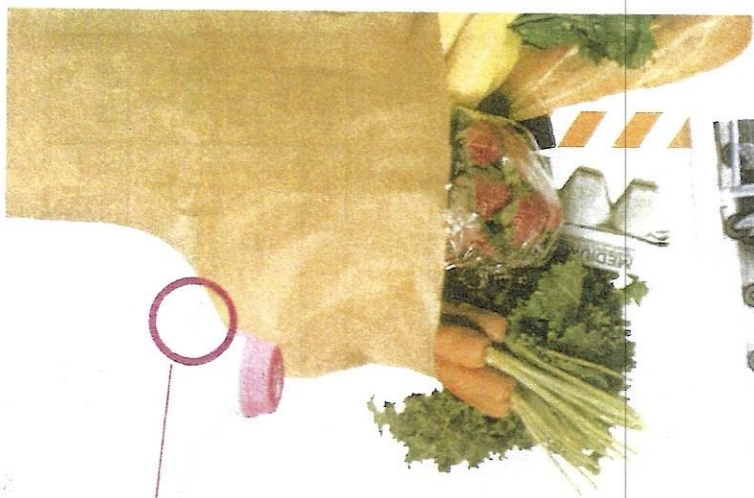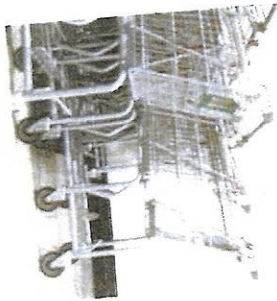
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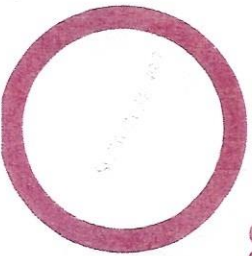
Egg Safety

- Purchase eggs in the shell from the refrigerated section of the store.

- Store eggs in the original carton in the main part of the refrigerator (not in the door).

- For recipes that call for raw or undercooked eggs such as salad dressings or ice cream, use pasteurized eggs. These eggs have been heat treated to destroy harmful *Salmonella* bacteria that can make you sick.

> " Store eggs in the original carton... "

Food Safety BASICS
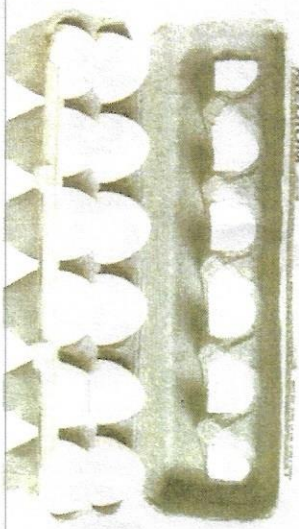
Clean

- Wash your hands with warm soapy water for at least 20 seconds before and after handling food, using the bathroom, or handling pets. Dry hands with a paper towel.

- Always wash, scrub, and rinse fruits and vegetables under running water just before eating them.

- Store leftover food and unused canned goods in clean, sealed containers in the refrigerator. Leftovers should be eaten within 2 days.

- Clean canned good lids before opening them.

" Leftovers should be eaten within 2 days. "

Chill & Cook

Meat, poultry, fish, dairy foods, and fresh fruits and vegetables are favorite places for harmful bacteria to grow. These foods must be kept cold enough or made hot enough to keep bacteria from growing and to keep foods safe.

chill

- Never thaw or marinate food on the counter top at room temperature. Thaw foods in the refrigerator, in cold water, or in the microwave.

- Do not thaw frozen TV dinners or casseroles before heating.

- Divide large amounts of food into shallow containers for quicker cooling in the refrigerator.

" When in doubt, throw food out. "

Cook

- Use a food thermometer to measure the internal temperature of cooked foods. Color of a food is not a reliable indicator of safety or thorough cooking.

160° - 212° F	Hot enough to kill most harmful bacteria.
140° - 160° F	Hot enough to prevent most harmful bacteria from growing
40° - 140° F **Temperature Danger Zone**	Most harmful bacteria grow best at these temperatures.
32° - 40° F	**Refrigerator temperature** – Many harmful bacteria still grow, but they grow at a slower rate
-20° - 0° F	**Freezer temperature** – Many harmful bacteria live, but they do not grow.

Leftovers	165° F
Turkey, chicken, and duck	165° F
Ground beef, pork, veal, and lamb	160° F
Egg dishes (cook until yolk and white are firm)	160° F
Fish	145° F
Beef, pork, veal, and lamb steaks, roasts, and chops (allow 3 minute rest time)	145° F