



FOOD SAFETY

AT HOME

Keep your food safe for you and your family.



CLEAN

Wash hands and surfaces often.



- Wash hands for 20 seconds with hot, soapy water before preparing food and after using the bathroom, changing diapers, sneezing, or touching pets.
- Wash fruits and vegetables even if you plan to peel or cut them.
- Wash cutting boards, dishes, utensils, and counter tops with hot, soapy water after preparing each food item.
- Use paper towels to clean up kitchen surfaces. Or wash your kitchen towels often in the hot cycle of the washing machine.



SEPARATE

Don't let bacteria spread from one food to another.



- Keep raw meat, poultry, seafood, their juices, and eggs away from other foods in your shopping cart and refrigerator.
- If possible, use a different cutting board and plates for preparing raw meats. Put cooked meat, fish, poultry, and eggs on a clean plate.
- Keep raw meats and eggs separate from all other foods in the refrigerator. Place them in containers or sealed plastic bags.



COOK

Cook to the right temperature to kill bacteria.



- Use a food thermometer to make sure meats, poultry, and other foods are cooked to a safe temperature all the way through. Keep food hot after cooking.
- When cooking in a microwave oven, cover, stir, and rotate food for correct cooking.

Use the chart in this booklet for the right temperatures.



CHILL

Refrigerate quickly.



- Refrigerate or freeze raw or cooked foods within two hours. During the summer, cut this time down to one hour. (Time limit includes preparation and serving time.)
- Thaw food in the refrigerator or in cold running water. Marinate food in the refrigerator. Don't leave food on the counter to thaw or marinate.
- Avoid crowding the refrigerator; cool air must be able to move around to keep food safe.
- Set your refrigerator between 40°F and 32°F and your freezer at 0°F or lower.



TEMPERATURE

Make sure cooked food is safe to eat. Check the temperature inside with a food thermometer.



Category	Food	Temperature (°F)
Ground meat and meat mixtures	• Beef, pork, veal, and lamb	160
	• Turkey and chicken	165
Fresh beef, veal, and lamb	• Steaks, roasts, and chops	145
Poultry	• Chicken and turkey, whole • Poultry breasts and roasts • Poultry thighs, legs, and wings • Duck and goose • Stuffing (cooked alone or in bird)	165
Pork and ham	• Fresh pork	145
	• Fresh ham (raw)	145
	• Precooked ham (to reheat)	140
Eggs	• Eggs	Cook until yolk and white are firm.
	• Egg dishes	160
Leftovers and casseroles	• Leftovers • Casseroles	165
Seafood	• Shrimp, lobster, and crab • Clams, oysters, and mussels • Scallops • Fish	Cook until flesh is milky white. Cook until shells open during cooking. Cook until flesh is milky white and firm. 145 or cook until flesh separates easily with a fork.



SAFE STORAGE

Check the safe storage time chart below to know when to throw food out.



Category	Food	Refrigerator (40°F Or Below)	Freezer (0°F Or Below)
Salads	<ul style="list-style-type: none"> Egg, chicken, ham, tuna, and macaroni salads 	3 to 5 days	Does not freeze well
Hot dogs	<ul style="list-style-type: none"> Opened in package Unopened in package 	1 week 2 weeks	1 to 2 months
Luncheon meat	<ul style="list-style-type: none"> Opened package of deli sliced Unopened package 	3 to 5 days 2 weeks	1 to 2 months
Bacon and sausage	<ul style="list-style-type: none"> Bacon Sausage, raw—from chicken, turkey, pork, and beef 	1 week 1 to 2 days	1 month 1 to 2 months
Hamburger and other ground meats	<ul style="list-style-type: none"> Hamburger, ground beef, turkey, veal, pork, lamb, and mixtures of them 	1 to 2 days	3 to 4 months
Fresh beef, veal, lamb, and pork	<ul style="list-style-type: none"> Steaks Chops Roasts 	3 to 5 days	6 to 12 months 4 to 6 months 4 to 12 months
Fresh poultry	<ul style="list-style-type: none"> Chicken or turkey, whole Chicken or turkey, pieces 	1 to 2 days	1 year 9 months
Soups and stews	<ul style="list-style-type: none"> Vegetables or meat added 	3 to 4 days	2 to 3 months
Leftovers	<ul style="list-style-type: none"> Cooked meat or poultry Chicken nuggets or patties Pizza 	3 to 4 days	2 to 6 months 1 to 3 months 1 to 2 months

