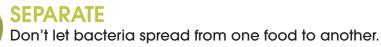






- Wash hands for 20 seconds with hot, soapy water before preparing food and after using the bathroom, changing diapers, sneezing, or touching pets.
- Wash fruits and vegetables even if you plan to peel or cut them.
- Wash cutting boards, dishes, utensils, and counter tops with hot, soapy water after 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.





- 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.





- 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.



- 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	<ul><li>Beef, pork, veal, and lamb</li><li>Turkey and chicken</li></ul>	160 165	
Fresh beef, veal, and lamb	Steaks, roasts, and chops	145	
Poultry	<ul> <li>Chicken and turkey, whole</li> <li>Poultry breasts and roasts</li> <li>Poultry thighs, legs, and wings</li> <li>Duck and goose</li> <li>Stuffing (cooked alone or in bird)</li> </ul>	165	
Pork and ham	<ul><li>Fresh pork</li><li>Fresh ham (raw)</li><li>Precooked ham (to reheat)</li></ul>	145 145 140	
Eggs	<ul><li>Eggs</li><li>Egg dishes</li></ul>	Cook until yolk and white are firm.	
Leftovers and casseroles	<ul><li>Leftovers</li><li>Casseroles</li></ul>	165	
Seafood	<ul><li>Shrimp, lobster, and crab</li><li>Clams, oysters, and mussels</li><li>Scallops</li><li>Fish</li></ul>	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	• Egg, chicken, ham, tuna, and macaroni salads	3 to 5 days	Does not freeze well
Hot dogs	<ul><li> Opened in package</li><li> Unopened in package</li></ul>	1 week 2 weeks	1 to 2 months
Luncheon meat	<ul><li> Opened package of deli sliced</li><li> Unopened package</li></ul>	3 to 5 days 2 weeks	1 to 2 months
Bacon and sausage	<ul><li>Bacon</li><li>Sausage, raw—from chicken, turkey, pork, and beef</li></ul>	1 week 1 to 2 days	1 month 1 to 2 months
Hamburger and other ground meats	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><li> Steaks</li><li> Chops</li><li> Roasts</li></ul>	3 to 5 days	6 to 12 months 4 to 6 months 4 to 12 months
Fresh poultry	<ul><li>Chicken or turkey, whole</li><li>Chicken or turkey, pieces</li></ul>	1 to 2 days	1 year 9 months
Soups and stews	Vegetables or meat added	3 to 4 days	2 to 3 months
Leftovers	<ul><li>Cooked meat or poultry</li><li>Chicken nuggets or patties</li><li>Pizza</li></ul>	3 to 4 days	2 to 6 months 1 to 3 months 1 to 2 months



