

FOOD SAFETY TIPS

TIP 1: BE CLEAN

Wash Your Hands Often

Use soap and water to scrub the back of your hands, between your fingers, and under your nails for at least 20 seconds (the Happy Birthday song).



Before, during, and after preparing food



After handling raw meat, poultry, seafood, or eggs



After interacting with germs

Wash Surfaces & Utensils

Use hot, soapy water to wash surfaces and utensils especially after interacting with raw meat, poultry, seafood, or eggs



Wash Fruits & Vegetables

Cut away damaged or bruised areas, rinse fruits and vegetables under running water (NOT soap or bleach), and then dry with paper towel or clean cloth towel.

Firm produce (melons, cucumbers) can be scrubbed with a produce brush.

Don't wash meat, poultry, eggs, or "pre-washed" produce.



TIP 2: DON'T CROSS-CONTAMINATE

Use Separate Tools

Use one cutting board for fresh produce (or non-cooked foods) and another for raw meat, poultry, or seafood.

Make sure to separate plates and utensils for cooked and raw foods!



Keep Foods Separate

Store raw meat, poultry, and seafood in containers or sealed plastic bags. Freeze them down if you don't plan to use them soon.

When shopping, try to separate raw meat, poultry, seafood, and eggs from other items. Place these in separate bags if possible.



TIP 3: COOK TO THE CORRECT TEMPERATURE

Bacteria that causes food poisoning grows the quickest between 40°F and 140°F. Thus, it is important for you to cook your foods properly to above 140°F and store your cold foods properly to below 40°F.

Internal Temperature of Food

The internal temperature of food is based on the temperature at the thickest part of the food. You can measure this with a food thermometer.



When is the Food Cooked Enough?

Cut through the meat: Cut through the thickest part of the meat to check for color. Chicken should be white, meats should NOT be dark red, and fish should be opaque.

Firmness test: Touch your ring finger and thumb together and use your other hand to poke the meat of your thumb to feel its firmness. If your cooked steak is this firm, then it's ready.

Check juices: Chicken is pink when raw, but becomes white when cooked. If the chicken juices run clear, then your chicken is done.

Taste test: Taste test your vegetables to see if they are cooked. If they taste like grass, they are not yet cooked through.

Microwaving

Letting food stand for x minutes after cooking is to enable cold areas of the food to absorb heat from the hotter areas. Stirring food in the middle of microwave heating can also help evenly distribute heat.



Reference Internal Cooking Temperatures

Beef, veal, lamb, pork, fish: 145°F

Ground meat/meat mixtures, egg dishes: 160°F

All poultry, leftovers, and casserole: 165°F

TIP 4: REFRIGERATE AND FREEZE FOOD PROPERLY

Setting the Temperature

Your refrigerator should be set to 40°F or below, and your freezer to 0°F or below.



Freezing and Thawing

Freezing doesn't destroy germs, but can keep your food safe until you want to cook. The safest way to thaw frozen meats, poultry, and seafood is in the refrigerator, NOT the counter at room temperature.



KEEPING FOOD TO TEMPERATURE

If you aren't serving the food right after cooking, you can keep it warm by wrapping it in aluminum foil or keeping it on low heat in a slow cooker.

If you are packing leftovers, place the food in shallow containers and refrigerate promptly to allow for quick cooling.



2-HOUR RULE

Throw away food (that can spoil if left unrefrigerated) that has been left out at room temperature for more than 2 hours.



If the food is exposed to temperatures above 90°F (a hot car or summer picnic), refrigerate within 1 hour.