

C L E A N

- **Wash your hands** with warm soapy water for at least 20 seconds before and after handling food, using the bathroom, changing diapers, or handling pets.
- **Wash counters and cooking utensils with hot soapy water** before and after preparing food. This includes thermometers.
- **Rinse all fresh fruits and vegetables** under running tap water even those with skins and rinds you don't eat.



S E P A R A T E

- **Separate raw meat, poultry, seafood and eggs** from other foods in the grocery cart and in the refrigerator at home.
- **Use separate cutting boards** for fresh fruits and veggies and for raw meat, poultry, and fish.
- **Don't re-use plates** that held raw meat, poultry, seafood or eggs.

Food Safety Core Four



C O O K

- **Always use a food thermometer** to make sure your food is cooked to a safe temperature—you can't tell by just looking at it!
 - ◇ *Roasts & steaks:* 145°F
 - ◇ *Poultry:* at least 165°F
 - ◇ *Ground meat:* at least 165°F
 - ◇ *Fish:* 145°F
- **Cover food, stir and rotate** several times for even cooking.
- **Bring sauces, soups and gravy to a boil** when reheating. Heat other leftovers to 165°F.

- **Chill leftovers and takeout within 2 hours** and divide food into shallow containers for rapid cooling.
- **Refrigerate or freeze meat, poultry, eggs and other perishables** as soon as you get them home from the store. Make sure your refrigerator temperature is at 40°F and your freezer is at 0°F.
- **Never defrost food at room temperature.** Defrost meat, poultry and fish in the refrigerator, *or* under cold running water, *or* in the microwave.

C H I L L