CLEAN

• 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.

COOK

• 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.

SEPARATE

• 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.

CHILL

• 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.

For more information, please call the 24-hour disease reporting line at 1-800-821-5821 or go to www.mainepublichealth.gov
Information adapted from Partnership for Food Safety Education (www.fightbac.org) and USDA (www.fsis.usda.gov)