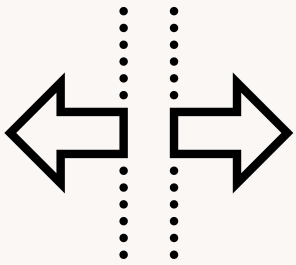
# 4 Steps to Food Safety

visit FoodSafety.gov for more info



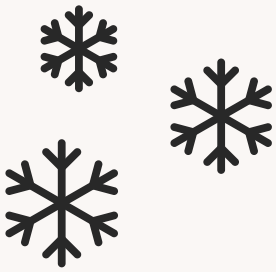
### 01 - Clean: Hands, Utensils, Surfaces

- Wash hands for 20 seconds (sing Happy Birthday twice!) using soap and water
- Wash hands after handling raw meat, poultry, seafood, or uncooked eggs
- Wash surfaces and utensils after each use. hot, soapy water is best!
- Wash fruits & veggies (not meat, poultry, or eggs) with just hot water.



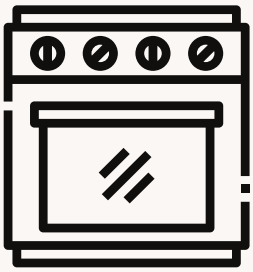
### 02-Seperate: Don't Cross Contaminate

- Dedicate one cutting board to raw meat, poultry, or seafood and other to fruits and veggies
- Use serapate plates/utensils for raw vs cooked foods
- Seperate raw meat, poultry, seafood & eggs when grocery shopping (cart and bags)



### 04 - Chill: Refrigerate/Freeze Properly

- Refrigerate perishable foods within 2 hours
- Refrigerator should be set to 40F or below and freezer should be )f or below.
- Never thaw or marinate foods on the countyer; the safest way is in therefrigeraator.



### 03- Cook to Correct Temperature

- Use a food thermometer, placing it in the thickest part of the food (see temperature chart on back)
- If food isn't being served right away, keep it out of the temperature danger zone (40 degrees F - 140 degrees F). Germs grow RAPIDLY in this range.
- Microwave food until at least 165 and follow all directions for packaged foods

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# Safe Minimum Internal Temperature Chart for Cooking

| Food | Type | Internal Temperature (°F/°C) |
|---|---|---|
| Beef, bison, veal, goat, and lamb | Steaks, roasts, chops | 145°F (63°C)<br>**Rest time: 3 minutes** |
| | Ground meat and sausage | 160°F (71°C) |
| Casseroles | Meat and meatless | 165°F (74°C) |
| Chicken, turkey, and other poultry | All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing inside poultry | 165°F (74°C) |
| Eggs | Raw eggs | Cook until yolk and white are firm |
| | Egg dishes (such as frittata, quiche) | 160°F (71°C) |
| | Casseroles (containing meat and poultry) | 165°F (74°C) |
| Ham | Raw ham | 145°F (63°C)<br>**Rest time: 3 minutes** |
| | Precooked ham (to reheat) | 165°F (74°C)<br>**Note:** Reheat cooked hams packaged in USDA-inspected plants to 140°F (60°C) |
| Leftovers | Any type | 165°F (74°C) |
| Pork | Steaks, roasts, chops | 145°F (63°C)<br>**Rest time: 3 minutes** |
| | Ground meat and sausage | 160°F (71°C) |
| Rabbit and venison | Wild or farm-raised | 160°F (71°C) |
| Seafood | Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc. | 145°F (63°C) or cook until flesh is no longer translucent and separates easily with a fork |
| | Shrimp, lobster, crab, and scallops | Cook until flesh is pearly or white, and opaque |
| | Clams, oysters, mussels | Cook until shells open during cooking |