

# FOOD SAFETY

AT HOME

Keep your food safe for you and your family.

## CLEAN

Wash hands and surfaces often.



- 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.

## SEPARATE

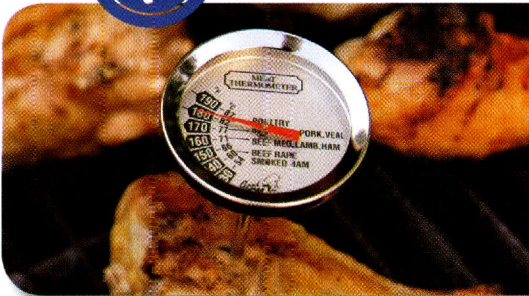
Don't let bacteria spread from one food to another.



- 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.

## COOK

Cook to the right temperature to kill bacteria.



- 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.

## CHILL

Refrigerate quickly.



- 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.

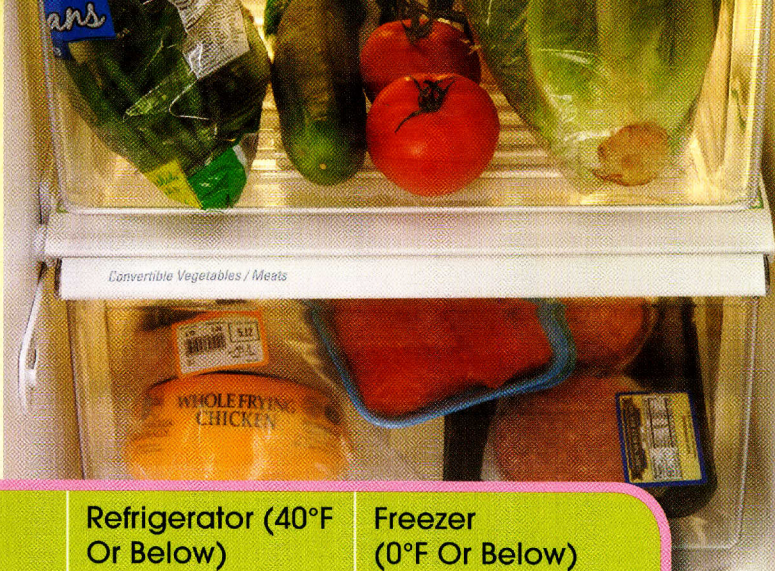


Category	Food	Temperature (°F)
<b>Ground meat and meat mixtures</b>	• Beef, pork, veal, and lamb	160
	• Turkey and chicken	165
<b>Fresh beef, veal, and lamb</b>	• Steaks, roasts, and chops	145
<b>Poultry</b>	• Chicken and turkey, whole	165
	• Poultry breasts and roasts	
	• Poultry thighs, legs, and wings	
	• Duck and goose	
	• Stuffing (cooked alone or in bird)	
<b>Pork and ham</b>	• Fresh pork	145
	• Fresh ham (raw)	145
	• Precooked ham (to reheat)	140
<b>Eggs</b>	• Eggs	Cook until yolk and white are firm.
	• Egg dishes	160
<b>Leftovers and casseroles</b>	• Leftovers • Casseroles	165
<b>Seafood</b>	• Shrimp, lobster, and crab	Cook until flesh is milky white.
	• Clams, oysters, and mussels	Cook until shells open during cooking.
	• Scallops	Cook until flesh is milky white and firm.
	• Fish	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	<ul style="list-style-type: none"> <li>Egg, chicken, ham, tuna, and macaroni salads</li> </ul>	3 to 5 days	Does not freeze well
Hot dogs	<ul style="list-style-type: none"> <li>Opened in package</li> <li>Unopened in package</li> </ul>	1 week 2 weeks	1 to 2 months
Luncheon meat	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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	<ul style="list-style-type: none"> <li>Hamburger, ground beef, turkey, veal, pork, lamb, and mixtures of them</li> </ul>	1 to 2 days	3 to 4 months
Fresh beef, veal, lamb, and pork	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>Chicken or turkey, whole</li> <li>Chicken or turkey, pieces</li> </ul>	1 to 2 days	1 year 9 months
Soups and stews	<ul style="list-style-type: none"> <li>Vegetables or meat added</li> </ul>	3 to 4 days	2 to 3 months
Leftovers	<ul style="list-style-type: none"> <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

