

Food Safety at Home

Follow these tips to prevent the spread of bacteria and viruses.

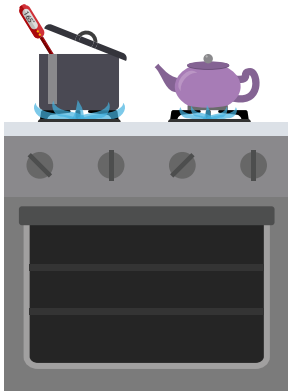
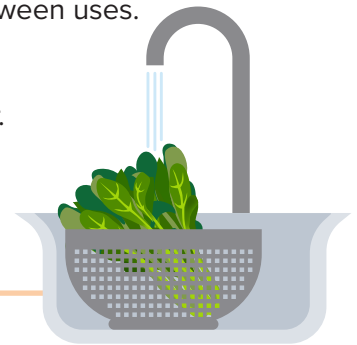
Help children, elders, and other vulnerable people stay healthy and well. Remember:

- If you're sick, ask someone else to fix the meal.
- Handwashing is the best way to prevent the spread of germs.



Prep

- ✓ Wash hands with soap and warm water for 20 seconds.
- ✓ Wash cutting boards with soap and warm water between uses.
- ✓ Use a separate cutting board for raw meats.
- ✓ Rinse vegetables and fruits well with cold water.
- ✓ Don't rinse raw meats. If you do, clean the sink after.
- ✓ Thaw or marinate food in the refrigerator.



Cook

- ✓ Cook fish, eggs, roasts, and pork to 145°F.
- ✓ Cook ground beef and steaks to 158°F.
- ✓ Cook chicken, turkey, duck, and stuffed meats to 165°F.

Use a thermometer to verify temperatures!



Serve

- ✓ Keep cold food cold and hot food hot.
- ✓ Use clean spoons, tongs, or other utensils.
- ✓ Refrigerate leftovers within 1 hour.



Refrigerate

- ✓ Set temperature between 35°F and 41°F.
- ✓ Clean regularly to remove spoiled food and spills.
- ✓ Store salads and other foods that do not need to be cooked on top shelves, above raw meats.
- ✓ Put leftover hot food in refrigerator uncovered. Don't cover until food is cold.
- ✓ Eat leftovers within 4–5 days, or freeze.



**Do it Right!
Serve it Safe!**