

FOOD SAFETY GUIDE

Follow these 4 simple steps to help reduce foodborne illnesses

CLEAN



Before, during and after you prepare food, wash your hands with soap and water for at least 20 seconds

Wash utensils, cutting boards and counter tops with hot soapy water

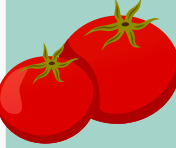
Rinse fresh fruits and vegetables under running water before eating or cutting



Do not wash meat, poultry or eggs



SEPARATE



When preparing, storing and cutting food, separate raw meat, poultry, seafood and eggs from fruits and vegetables



Keep raw meat, poultry, seafood and eggs separated from other food in your shopping cart and refrigerator



Use separate cutting boards, plates and knives when preparing meat

COOK



Use a meat thermometer to ensure food is cooked to a safe internal temperature before consuming



145°F
Whole cuts of beef, pork, veal and lamb (allow to rest for 3 minutes before eating)



165°F
All poultry, including ground chicken and turkey



145°F
Fresh pork, including fresh ham (allow to rest for 3 minutes before eating)



165°F
Leftovers and casseroles



160°F
Ground meat such as beef and pork



145°F
Fish (or cook until flesh is opaque)

CHILL



40°F
Set your refrigerator at 40°F or lower

Refrigerate perishable food within 2 hours



Defrost and thaw frozen food in the refrigerator

Do not defrost and thaw food on the counter. Bacteria can grow rapidly when food is kept at room temperature

