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.
- Rinse fresh fruits and vegetables under running water before eating or cutting.
- Wash utensils, cutting boards and counter tops with hot soapy water.
- 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.
- Use 145°F for whole cuts of beef, pork, veal and lamb (allow to rest for 3 minutes before eating).
- Use 145°F for fresh pork, including fresh ham (allow to rest for 3 minutes before eating).
- Use 145°F for ground meat such as beef and pork.
- Use 160°F for ground meat such as beef and pork.
- Use 165°F for all poultry, including ground chicken and turkey.
- Use 165°F for leftovers and casseroles.
- Use 145°F for fish (or cook until flesh is opaque).

**CHILL**
- Refrigerate perishable food within 2 hours.
- Set your refrigerator at 40°F or lower.
- 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.