

FOOD SAFETY AT HOME

4 Steps to Food Safety at Home

CLEAN

- Wash hands in warm soapy water for at least 20 seconds before and after touching food.
- Wash dishes, utensils, cutting boards and counters with hot soapy water
- Clean lids on canned goods before opening



SEPARATE

- Keep raw meat and eggs away from other foods.
- Do not reuse marinades that were used on raw meats
- Use a special cutting board or plate for raw foods only



COOK

Cook to safe temperatures

- Single pieces of meat 145 F
- Ground meats and eggs 155 F
- Poultry, stuffed meats or any other food stuffed with fish, meat, poultry 165 F



CHILL

- Put food in the refrigerator or freezer within 2 hours of cooking or buying from the stores.
- Thaw food in the refrigerator, under cold running water or in the microwave
- Use leftovers within 3-4 days

