CLEAN

- Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs and prevent food poisoning.
- Thoroughly wash utensils, cutting boards, and countertops with soap and hot water. Rinse. They may be sanitized by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Air-dry.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.

1 in 6 Americans will get sick from food poisoning this year.
3,000 Americans will die.
Keep your family food safer.

SEPARATE

- Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat food.
- Separate raw meat, poultry, and seafood from produce in your shopping cart. Place food in plastic bags to prevent their juices, which may contain harmful bacteria, from dripping onto other food.
- At home, put raw meat, poultry, and seafood in containers, on plates, or in sealed plastic bags in the refrigerator to prevent their juices from dripping onto other food.
- Use a separate cutting board for raw meat, poultry, and seafood.
- Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked food, unless the sauce is boiled first.
- Never place cooked food back on the same plate that previously held raw food unless the plate has first been washed in hot, soapy water.

Raw milk and products made from raw milk (including certain cheeses, ice cream, and yogurt) are foods that can pose severe health risks. Raw milk and products made from raw milk can carry harmful bacteria and other germs that can make you very sick or kill you. At the grocery store, look for milk and milk products that are labeled "pasteurized" (which means the milk has been heated briefly to kill disease-causing germs). If you do not see the word "pasteurized" on the product label, the product may contain raw milk. Pasteurized milk and milk products are safer than raw milk and products made from raw milk.

COOK

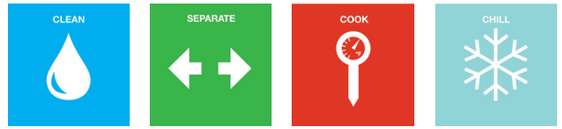
- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- The food thermometer should be placed in the thickest part of the food, away from bone, fat, or gristle.

Safe Minimium Internal Temperatures *As measured with a food thermometer*	
Beef, pork, veal and lamb (roast, steaks and chops)	145 °F with a 3-minute "rest time" after removal from the heat source.
Ground Meats	160 °F
Poultry (whole, parts or ground)	165 °F
Eggs and egg dishes	160 °F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers	165 °F
Fin Fish	145 °F
Safe Cooking Guidelines	
Shrimp, Lobster, Crabs	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

CHILL

- The temperature in a refrigerator should be 40 °F or below, and the freezer 0 °F or below.
- Perishable food should be thawed in the refrigerator, in the microwave, or in cold water. They should never be thawed on the counter or in hot water. Do not leave food at room temperature for more than two hours (one hour when the temperature is above 90 °F).
- Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed in the microwave or cold water, cook before refreezing.
- Divide large pots of food, like soup or stew, into shallow containers. Cut cooked meat or poultry into smaller portions or slices. Place in shallow containers, cover, and refrigerate.
- Only buy eggs from a refrigerator or refrigerated case. Store eggs in the refrigerator in their original carton and use within 3-5 weeks.
- When selecting pre-cut produce choose only those items that are refrigerated or surrounded by ice and keep refrigerated at home to maintain both quality and safety.

KEEP YOUR FAMILY SAFER FROM FOOD POISONING



Check your steps at FoodSafety.gov

CLEAN

WASH HANDS AND SURFACES OFTEN

SEPARATE

SEPARATE RAW MEATS FROM OTHER FOODS

COOK

COOK TO THE RIGHT TEMPERATURE

CHILL

REFRIGERATE FOOD PROMPTLY

Types of Food Thermometers:

- Digital Thermometers – are not designed to remain in the food while it's cooking. They should be used near the end of the estimated cooking time to check for final cooking temperatures in thin or thick foods.
- Dial Thermometers – have a dial display and are available as "oven-safe" and "instant-read." The dial thermometer senses temperature from its tip and up the stem for 2 to 2 1/2 inches and works well in thick foods.

Visit "Ask Karen" at Foodsafety.gov to ask a food safety question

Call the USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)

FDA Food Information Line 1-888-SAFEFOOD (1-888-723-3366)

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Food Safety and Inspection Service

FOOD SAFE FAMILIES

Four Steps to Keep Your Family Safer from Food Poisoning