FOOD SAFETY BASICS



CLEAN

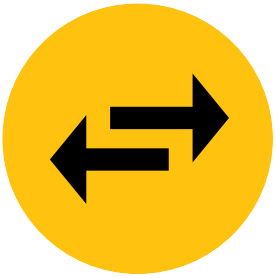
Wash your hands and surfaces

- Wash your hands after handling uncooked meat, chicken, seafood, flour, and eggs
- Wash all surfaces that come in contact with food products (e.g., utensils, cutting board, counter tops) after preparing each food item
- Rinse fresh fruits and vegetables with cold water before eating.

SEPARATE

Avoid cross-contamination

- When shopping for food, keep raw meat products away from other food items
- Store raw meat products in sealed containers so juices don't leak onto other foods
- Use one cutting board when handling raw meats and a separate cutting board for produce and other products





COOK

To the correct temperature

Use a food thermometer to ensure that foods are cooked to a safe internal temperature.

- Whole cuts of beef: 145°F
- Fish: 145°F
- Ground meats, such as beef and pork: 165°F
- Leftovers and casseroles: 165°F

CHILL

Refrigerate food promptly

- The temperature danger zone is 40°F to 140°F
- Keep your refrigerator at 40°F and your freezer at 0°F
- Refrigerate perishable foods within 2 hours of purchasing
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave



References: Four Simple Steps to Food Safety. (2023, March 24). Centers for Disease Control and Prevention. https://www.cdc.gov/foodsafety/keep-food-safe.html. | Assistant Secretary for Public Affairs (ASPA). (2023, May 2). FoodSafety.gov. FoodSafety.gov. https://www.foodsafety.gov/