



BASIC FOOD SAFETY

There are five big factors that impact foodborne illness: food from unsafe sources, improper holding temperatures, improper cooking temperatures, dirty surfaces and tools and personal hygiene. When preparing food at home, consider following these guidelines to prepare, cook and serve meals safely.

PERSONAL HYGIENE



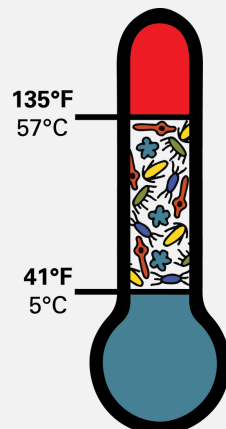
Wash hands thoroughly and often while preparing food. Cover any cuts and sores with waterproof bandages. Don't prepare or handle food for others if you have had diarrhea or vomited in the last 48 hours.

CROSS-CONTAMINATION

Cross-contamination is the transfer of a harmful substance from one food item to another, usually from raw to a cooked or ready-to-eat food. To prevent cross-contamination, wash hands and surfaces after contact with raw foods. Use separate utensils and cutting boards for raw and ready-to-eat or cooked foods.

TEMPERATURE DANGER ZONE

Harmful bacteria grow fastest between 41°F and 135°F. Minimizing time in this range, called the temperature danger zone, reduces growth of these bacteria. Foods that can support the growth of harmful bacteria should not be left in this temperature range for more than 4 hours.



COOKING FOOD SAFELY

For food safety, cook foods to the final internal temperatures listed below and check with a tip-sensitive, digital thermometer in the thickest spot.

Ready-to-eat foods, produce and already cooked foods



145°F

Fish and eggs



145°F

Whole cuts of beef, pork and lamb



158°F instantaneous or 155°F for 17s

Ground meats



165°F

All poultry and stuffed foods



LEFTOVERS

If you've cooked too much food, quickly cool food and store leftovers at 41°F or below. When food sits out at room temperature, bacteria that cause illness can grow rapidly. Refrigerate perishable food as soon as possible. Leftovers stored at 41°F or below should be eaten within 7 days.