

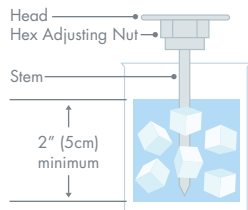
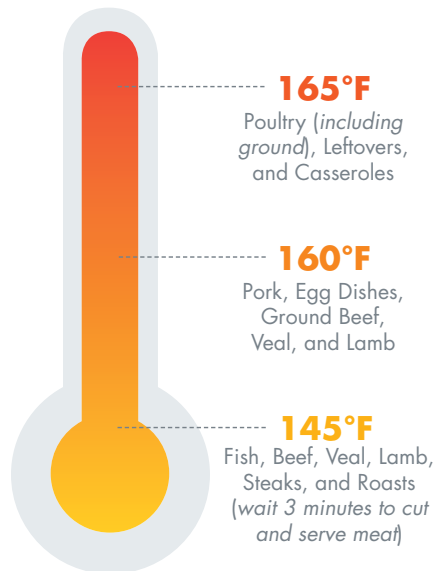
FOODBORNE ILLNESS IS PREVENTABLE.

There are 4 simple steps to keeping food safe:
CLEAN. SEPARATE. COOK. CHILL.



① SAFE INTERNAL TEMPERATURES

Use a calibrated food thermometer to reach these safe internal temperatures when cooking. When rest times are listed, allow cooked food to sit for recommended time before carving or consuming.



To Use a Food Thermometer: Insert stem of thermometer into the thickest part of food away from bones.

To Calibrate: Insert stem in 50/50 mixture of water and ice. Wait at least 30 seconds. If temperature does not read 32°F, adjust nut under head.

be food safe. **CLEAN.**



Wash hands for at least 20 seconds with soap and warm, running water before and after handling food.



Wash kitchen surfaces with hot, soapy water before and after food preparation.



Run cutting boards and utensils through the dishwasher or wash them with hot, soapy water after each use.

be food safe. **SEPARATE.**



At the store, keep raw meat, poultry, fish, and seafood away from other foods. Don't let juices come in contact with other food items.



Use one cutting board for meats and a separate one for salad ingredients and ready-to-eat foods.



Store raw meat, poultry, fish, and seafood in a container or on a plate on the bottom shelf of the refrigerator so juices can't drip onto other foods.

be food safe. **COOK.**



Use a food thermometer to tell when food is cooked safely. You can't tell just by how it looks. Observe rest times as directed.



Stir, rotate, and cover foods to ensure even cooking when using a microwave. Observe stand times in directions.



Bring soups, gravies, and sauces to a rolling boil when reheating.

be food safe. **CHILL.**



Keep a refrigerator/freezer thermometer in your refrigerator to make sure it is the proper temperature. Keep foods at 40°F or below. Freezers should be at 0°F or colder.



Chill foods quickly by dividing in shallow containers. Chill leftovers within 2 hours. Leave room for cold air to circulate.



Thaw meat, poultry, fish, and seafood in the refrigerator, not on the counter.

be food safe.



clean. separate.
cook. chill.

www.befoodsafe.org

from USDA and the Partnership for
Food Safety Education

**ROUGHLY 1 in 6
AMERICANS GETS SICK
EACH YEAR FROM
FOODBORNE ILLNESS**



**128,000 are hospitalized and 3,000 die
YOU COULD BE NEXT!**

