

Fact Sheet: Food Safety

Check Your Steps!

CLEAN

Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards.

If you do not wash your hands, utensils, and surfaces, you could spread bacteria to your food, and your family.

- Wash hands the right way—for 20 seconds with soap and running water.
- **Thoroughly** Wash surfaces and utensils after each use. Just rinsing them will not remove all Bacteria!
- Wash fruits and vegetables before cutting. Germs on the outside can spread to the inside when cutting or peeling!
- **DO NOT** prepare food if you have diarrhea or vomiting!

SEPARATE

DO NOT Cross contaminate!

- Use separate cutting boards and plates for produce as well for meat, poultry, seafood, and eggs.
- Cut raw meat products and produce with separate knives or wash the knife between uses.
- Keep meat, poultry, seafood, and eggs separate from all other foods in your grocery cart and grocery bags.
- Keep meat, poultry, seafood, and eggs separate from all other foods in the fridge.
- **DO NOT** place raw meat products above produce and ready to eat items, as raw juices could drip and contaminate.

Cook

It is important that all foods be cooked to the correct temperature.

- Use a food thermometer. Color alone will not tell you if the food is done.
- Keep food hot after cooking. Keep food at 140 degrees to reduce the risk of bacterial growth.
- Microwave food to 165 degrees to kill any harmful bacteria.
- Thaw meat before cooking to allow for even cooking. Use the refrigerator for slow, safe thawing or place sealed packages in cold water. You can microwave defrost meat that is being used immediately for cooking.

USDA Recommended Safe Minimum Internal Temperatures



				
145 °F with a 3-minute rest time	145 °F	160 °F	160 °F	165 °F

CHILL

It is important to refrigerate food right away to prevent bacterial growth and Food Poisoning.

- Keep your refrigerator below 40 degrees and your freezer at or below 0 degrees.
- Refrigerate foods within 2 hours in covered shallow containers.
- If it is greater than 90 degrees outside, refrigerate within 1 hour.
- **DO NOT** thaw or marinate foods on your counter. Bacteria grow rapidly at room temperature.
- You usually cannot tell if harmful bacteria have grown on your food just by looking at or smelling it. If you do not know, throw it out!

This fact sheet is for informational purposes and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care professional. For more information on communicable disease, speak to your health care provider or call the Ingham County Health Department at (517)-887 4308

Visit our website at <http://hd.ingham.org>

or the Centers for Disease Control & Prevention at: www.cdc.gov

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