



Be Safe, Not Sorry

How food is purchased, stored and prepared is important to your health. Most foodborne diseases are infections caused by a variety of bacteria, viruses and parasites.

The Center for Disease Control estimates that each year, 48 million people get sick from a foodborne illness; 128,000 are hospitalized and 3,000 die.

People who are most at risk are pregnant women, young children, older adults and those with weakened immune systems as a result of diabetes, kidney or liver disease or chemotherapy/radiation treatments.

Look at these helpful charts below, created by the Food and Drug Administration. Print them out and post them on your refrigerator!



Food Safe Meal Prep

March 2018

Following these tips when cooking and chilling leftovers can help prevent foodborne illness

DO



Wash hands with soap and water for at least 20 seconds before preparing food

DON'T

Wash meat, poultry, seafood, or eggs

DO



Rinse whole fruits and vegetables under running water and dry with a clean cloth, paper towel, or salad spinner

DON'T

Use soap or detergent on foods

DO



Wash utensils that have touched uncooked meat, poultry, seafood, eggs, or flour before using them with any food that will be eaten raw

DON'T

Allow raw meat, poultry, seafood, eggs, or flour to touch any food that will be eaten raw

DO



Clean cooking surfaces and utensils with hot, soapy water after every use

DON'T

Reuse plates or cutting boards that have touched uncooked meat, poultry, seafood, eggs, or flour unless you wash them first with hot, soapy water

DO



Cook meat, poultry, and seafood to a safe minimum internal temperature

DON'T

Serve cooked meat, poultry, or seafood without checking the temperature with a food thermometer



Beef, pork, veal, & lamb
(chops, roasts, steaks):
145 °F



Poultry:
165 °F



Ground meats:
160 °F



Fish & seafood:
145 °F



Food Safe Shopping & Storage

March 2018

Following these tips when buying and storing food can help prevent foodborne illness

DO



DON'T

Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags

Choose meat, poultry, or seafood in damaged or leaking packaging

DO



DON'T

Place meat, poultry, seafood, and eggs in plastic bags at checkout

Buy eggs with cracked shells or damaged cartons

DO



DON'T

Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs

Remove eggs from carton or keep them in the refrigerator door

DO



DON'T

Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F

Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

DO



DON'T

Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer)

Overfill the refrigerator or freezer

DO



DON'T

Defrost food in the refrigerator, in cold water, or in the microwave – and cook immediately

Thaw meat, poultry, or seafood on the counter

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