

**While “high-risk” foods are still being inspected during the government shutdown, and 90% of the U.S. Department of Agriculture remains on the job, it is still a good idea to follow food safety guidelines when cooking at home.**

**For regular updates on the status of federal food inspections, go to Food & Drug Administration Commissioner Scott Gottlieb’s twitter account:  
<https://twitter.com/@SGottliebFDA>**

**Below are the government’s food safety guidelines.**

# Food Safe Meal Prep

March 2018



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

**DO**



**DON'T**

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

Wash meat, poultry, seafood, or eggs

**DO**



**DON'T**

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

Use soap or detergent on foods

**DO**



**DON'T**

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

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

**DO**



**DON'T**

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

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**



**DON'T**

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

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



**Beef, pork, veal, & lamb (chops, roasts, steaks):**  
**145 °F**  
with a 3-minute rest time



**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**

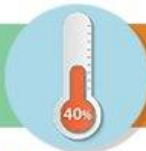


**DON'T**

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

