



Keep hot food hot:

- Measure the inside temperature of cooked foods. You can buy meat thermometers at the store. Stick the thermometer in the meat you are cooking. This measures the temperature inside of the meat.
- Boil, bake, or roast foods at high temperatures. The inside temperature should be at least 145°F. Whole poultry should be cooked to 180°F. Make sure that all foods are cooked all the way through. This kills most bacteria.
- Cook hamburgers until they are brown on the inside (160°F). Make sure there is no pink in the juices.
- Reheat sauces, soups, and gravy to a boil
- Heat leftovers until steaming hot
- For take-out food, eat it within two hours

Keep cold food cold:

- Cooked foods should be stored at 40°F or below. Or freeze it right away.
- Look for “Safe Handling Instructions” on packages of meat and poultry
- Milk products and meats should be stored at 40°F or below

At potlucks and picnics, keep hot foods hot and cold foods cold!



Remember: Keep everything clean.

- Wash hands, counter tops, and utensils with hot, soapy water
- Use a separate cutting board for raw meat, poultry, or fish. Wash the cutting board in hot, soapy water each time you use it.
- Wash all fresh fruits and vegetables before you eat them

Buy safe food and handle it safely:

- Never leave food out of the refrigerator for more than two hours
- Do not buy dirty or cracked eggs
- Use pasteurized milk and pasteurized milk foods
- Keep uncooked meat, fish, or poultry away from vegetables and other foods
- When you marinate raw meat, fish, or poultry, put it in the refrigerator. Do not let it sit on the counter.
- Thaw meat, fish, and poultry in the refrigerator. Do not thaw it at room temperature. Do not let it drip on other foods in the refrigerator.

When in doubt, throw it out:

- Bad food will not always smell or look bad