



Checklist for Food Safety

STEPS TO TAKE

To keep you and your baby safe, follow these four food safety practices: Clean, Separate, Cook, and Chill.

1. **Keep everything clean:**

- Wash your hands and the surfaces where you prepare and store food often.
- Wash fresh fruits and vegetables under running water using a vegetable brush.
- Replace used or dirty dishcloths and sponges every day.
- Always wash your hands using hot water and soap after using the bathroom, changing a diaper, or touching a pet.

2. **Separate**, don't cross contaminate:

- Keep raw meat, poultry, fish (and their juices), and eggs away from ready-to-eat food.
- Use a separate cutting board for meat, poultry or fish.
- Clean cutting boards after each use and replace when showing signs of wear.
- If you cut meat, wash the knife in hot soapy water before you cut raw foods such as vegetables and fruit.
- Store meat on the bottom shelf of the refrigerator so juices don't mix with other foods.

3. **Cook** to proper temperatures. You cannot tell food is safe by looking!

- Use an instant-read thermometer to cook foods to safe minimum temperatures.
 - ◆ Chicken, turkey, leftovers, casseroles: 165°F
 - ◆ Ground meat, egg dishes: 160°F
 - ◆ Red meat, pork, and fish with fins: 145°F
- Keep hot foods hot (at least 140°F).
- Cook eggs until the yolk and white are firm. Do not eat raw eggs.

4. **Chill:** Keep cold foods cold at no more than 40°F:

- Put leftovers in shallow containers, cover, and store in the refrigerator immediately.
- Do not defrost or cool any food on the counter. Bacteria can grow quickly.
- Thaw frozen foods in the refrigerator or the microwave. Food thawed in a microwave should be cooked immediately.
- Throw away any food that sits out more than two hours.

TAKE ACTION

To keep my food safe I will:
