

Use a calibrated food thermometer to reach these safe internal temperatures when cooking. When rest times are listed, allow cooked food to sit for recommended time before carving or consuming.



COOK FOODS TO A SAFE INTERNAL TEMPERATURE...

Beef, Lamb, Veal and Pork Steaks, Roasts and Chops: 145°F*

Ground Beef, Pork, Veal and Lamb; Egg Dishes: 160°F

Chicken and Turkey (Whole, Pieces, Ground): 165°F

Leftovers and Casseroles: 165°F

*allow meat to rest for 3 minutes before
carving or serving

Be food safe. Chill.

Keep a refrigerator/freezer thermometer in your refrigerator to make sure it is the proper temperature. Keep foods at 40°F or below. Freezers should be 0°F or colder.



Chill foods quickly by dividing in shallow containers. Chill leftovers and takeout foods within 2 hours. Leave room for cold air to circulate.

Thaw meat, poultry, fish and seafood in the refrigerator, not on the counter.



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College of Agricultural and Environmental Sciences
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**be
food
safe**



TM

from USDA
and the Partnership
for Food Safety Education

Did you know...

- Roughly 1 in 6 Americans gets sick each year from foodborne illness.
- 128,000 Americans are hospitalized each year due to foodborne illness.
- 3,000 Americans die each year because of foodborne diseases.

You could be next!



You Can Fight BAC!®

Did you also know...

- Foodborne illness is preventable?
- Four simple steps to keeping food safe can save your life or the life of someone you love?
- To *Be food safe*... clean, separate, cook and chill... to keep food safe.

Be food safe. Clean.



Wash hands for at least 20 seconds with soap and warm, running water before and after handling food.

Wash kitchen surfaces with hot soapy water before and after food preparation.



Run cutting boards and utensils through the dishwasher or wash them with hot, soapy water after each use.

Be food safe. Separate.



At the store, keep raw meat, poultry, fish and seafood away from other foods. Don't let juices come in contact with other food items.

Use one cutting board for meats and a separate one for salad ingredients and ready-to-eat foods.



Store raw meat, poultry, fish and seafood in a container or on a plate on the bottom shelf of the refrigerator so juices can't drip onto other foods.

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Be food safe. Cook.

Use a food thermometer to tell when food is cooked safely. You can't tell just by how it looks. Observe rest times as directed.

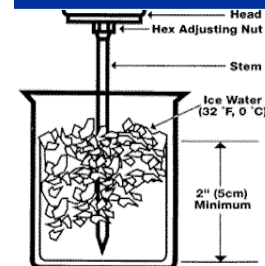


Stir, rotate and cover foods to ensure even cooking when using a microwave oven. Observe stand times in directions

Bring soups, gravies and sauces to a rolling boil when reheating.



To Use a Food Thermometer: Insert stem of thermometer into the thickest part of food away from bones.



To calibrate, insert stem in 50/50 mixture of water and ice. Wait at least 30 seconds. If temperature does not read 32°F, adjust nut under head.