

Home Food Safety

Consumer Food Safety

- **Buy it safe! Keep it safe!**
- **Separate raw and ready to eat foods!**
- **Keep hot foods hot and cold foods cold!**
- **If in doubt, throw it out!**

Shopping

Shop last for items that need to be refrigerated. Check the dates on food products and do not buy out-of-date food. Do not buy damaged food container packages or food that looks spoiled.

Bringing it Home

Bring food home as soon as your grocery shopping is finished. Promptly store cold food in a refrigerator at 41° F or less and frozen food in a freezer at 0°F or less. Keep an air thermometer in your refrigerator. Store food separately from cleaning chemicals.

Let's Get Started

Keep your kitchen clean and clean your hands often when working with food. Wash hands with soap and water for 20 seconds. Wash your hands:

- Before touching food
- After using the bathroom
- After changing diapers
- After handling raw meats
- After coughing and sneezing on hands
- After handling pets
- After touching your mouth area

Preparing to Cook

When beginning food preparation, remember these points:

- Wash your hands
- Clean all surfaces
- Thaw foods properly
- Wash fruits and vegetables

- Don't mix raw meats with vegetables and ready-to-eat foods

Thaw foods in the refrigerator, under running water, or as part of the cooking process. Marinate food in the refrigerator to prevent bacteria growth. Do not reuse the marinade. Do not use the same platter or pan for holding raw meats and then cooked meats. Avoid cross-contamination by washing hands, cutting boards, and knives after preparing raw foods and prior to preparing other foods.

Home Cooking

Use a metal-stemmed probe thermometer to check for the proper final cooking temperature of your food. The following is the USDA recommended food cooking temperatures.

Egg & Egg Dishes	
Eggs	Cook until yolk and white are firm
Egg dishes	160
Ground Meat & Meat Mixtures	
Turkey, chicken	165
Veal, beef, lamb, pork	160
Fresh Beef	
Medium Rare	145
Medium	160
Well Done	170
Fresh Veal	
Medium Rare	145
Medium	160
Well Done	170
Fresh Pork	
Medium	160
Well Done	170
Poultry	
Chicken, whole	180

Turkey, whole	180
Poultry breast, roast	170
Poultry thighs, wings	180
Stuffing (cooked alone or in bird)	165
Duck & Goose	180
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Seafood	
Fin Fish	Cook until opaque and flakes easily with a fork
Shrimp, lobster, crab	Should turn red and flesh should become pearly opaque
Scallops	Should turn milky white or opaque and firm
Clams, mussels, oysters	Cook until shells open
Fresh Lamb	
Medium	160
Well Done	170

Leftovers

Immediately refrigerate or freeze leftovers to prevent bacteria growth. Put large amounts of food into smaller containers to facilitate quick cooling. Use leftovers within 3 days. Reheat food items to 165° F prior to eating. Do not cool and reheat again.

Clean-up

When cleaning food equipment after food preparation and a meal:

- Scrape and rinse equipment or plate
- Wash in hot soapy water
- Rinse off all soap
- Allow to air dry or use a clean dish towel

Using a dish machine makes cleaning easier. Just scrape, load, and run.