



Keeping Food Safe.

For More Information . . .
USDA's Meat and Poultry Hotline:
1-800-535-4555
FDA's Food Safety Info Hotline:
1-888-SAFEFOOD (1-888-723-3366) 24 hr
Source: www.fightbac.org
Eating Well. www.eatingwell.com
Kids a Cooking
www.kidsacookin.org
USDA: www.nutrition.gov

Chill: Refrigerate promptly

Food safety experts advise consumers to refrigerate foods quickly because cold temperatures keep most harmful bacteria from growing and multiplying. So, public health officials recommend setting the refrigerator at 40°F and the freezer unit at 0°F and occasionally checking these temperatures with an appliance thermometer. Americans can Fight BAC by following these steps:

- Refrigerate or freeze perishables, prepared food and leftovers within two hours.
- Never defrost (or marinate) food on the kitchen counter. Use the refrigerator, cold running water or the microwave.
- Divide large amounts of leftovers into small, **shallow** containers for quick cooling in the refrigerator.
- With poultry and other stuffed meats, remove the stuffing and refrigerate it in a separate container.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.

Extra! Extra!

Keep can opener blades clean.

Use a separate spoon for tasting.

When you are ill, do not prepare food for others.

Do not re-use plastic bags raw meat has been stored in.

Clean: Wash hands and surfaces often

According to food safety experts, bacteria can spread throughout the kitchen and get on to cutting boards, knives, sponges and counter tops. Here's how to Fight BAC:

- Wash hands in hot soapy water before preparing food and after using the bathroom, changing diapers and handling pets. For best results, consumers should use warm water to moisten their hands and then apply soap and rub their hands together for 20 seconds before rinsing thoroughly.
- Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing a food item and before preparing the next one.
- Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher - or washed in hot soapy water after use.
- Consider using paper towels to clean up kitchen surfaces. Or, if using cloth towels; wash them often in the hot cycle of the washing machine.

Extra! Extra!

Use separate towels for hands and drying dishes.

Wash raw foods thoroughly.

Wash the tops of cans before opening them with can opener.

Let dishes air dry if possible.

Separate: Don't cross-contaminate

Cross-contamination is how bacteria spreads from one food product to another. This is especially true for raw meat, poultry and seafood. Experts caution to keep these foods and their juices away from ready-to-eat foods. Here's how consumers can Fight BAC!:

- Separate raw meat, poultry and seafood from other food in the grocery shopping cart.
- Store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't drip onto other foods.
- If possible, use one cutting board for raw meat products and another for salads and other foods which are ready to be eaten.
- Always wash cutting boards, knives and other utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.
- Never place cooked food on a plate which previously held raw meat, poultry or seafood.

Regularly give fridge a thorough cleaning. Scrub down the shelves and drawers using warm soapy water.

Wipe up spills as soon as they happen, particularly juices from raw meat, seafood or poultry

Periodically defrost the freezer. If there's a front grill on the fridge, keep it free of dust to allow air to flow through it properly

Pull the fridge out every so often and clean the condenser coils.

www.Safefoodonline.com

Cook: Cook to proper temperatures

- Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause food borne illness. The way to Fight BAC is to:
- Use a [meat thermometer](#), which measures the internal temperature of cooked meat and poultry; be meat is cooked all the way through.
- Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for doneness. Cook ground meat, where bacteria can spread during grinding, to at least 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked, pink ground beef with a higher risk of illness. If a thermometer is not available, do not eat ground beef that is still pink inside.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish until it is opaque and flakes easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If no turntable, rotate dish once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating.

Temperature Guide:

145 degrees F.

Beef, lamb & veal steaks & roasts, medium rare

160 degrees F.

Ground beef, pork, veal & lamb;
Pork chops, ribs & roasts
Egg dishes

165 degrees F.

Ground turkey & chicken
Stuffing & casseroles
Leftovers

170 degrees F.

Chicken & turkey breasts

180 degrees F.

Chicken & turkey whole bird, legs, thighs & wings