

HANDLING FOOD SAFELY HELPS PREVENT ILLNESS

What temperature assures meat is safe to eat?

165 degrees F

- Chicken or turkey, ground, whole or parts
- Stuffing (cooked alone or in turkey)
- Leftovers, casseroles

160 degrees F

- Ground meats such as beef, veal, lamb, pork

145 degrees F

- Beef
- Veal
- Lamb
- Pork (roasts, steaks, chops)
- Fish

Pack safe lunches

- Use an insulated lunch bag or cooler with an ice pack to keep cold foods cold.
- Never store your lunch in the sun or in a hot car.
- Peanut (or other nut) butter, nuts and cheese are good substitutes for meat, poultry and eggs.

Using a food thermometer

- Use a food thermometer when you cook meat, poultry, fish, casseroles, stuffing and egg dishes. It should also be used when reheating leftovers.
- Insert the food thermometer in the thickest part of the food, away from pan edges and away from bone, fat or gristle.
- Be sure to wash the stem of the thermometer after each use.



Steps to food safety:

Clean

- Be sure to wash dishes, utensils and countertops with hot, soapy water after food preparation.
- Wash cutting boards in the dishwasher or in hot, soapy water after each use.

Cook

- Cook ground beef to at least 160 degrees F. The color of the meat is not an indicator it has reached the proper temperature.
- Cook eggs until the yolks and whites are firm. Don't use recipes in which eggs remain raw.

Separate

- If you use reusable grocery bags, be sure to wash them often. Put raw meat into a plastic bag first.
- Never put cooked food on a plate that just held any type of raw meat or seafood.

Chill

- The refrigerator should be set at 40 degrees F or below. These temperatures help assure the safety as well as the quality of the food.
- Refrigerate leftovers such as meat, poultry, seafood, dairy foods and eggs within two hours of the meal. Sooner is better!