

# National Food Safety Month

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food. Keep food safe and stay healthy with these food safety guidelines.

## Wash Your Hands

*Use warm water for at least 20 seconds before and after handling food and after using the bathroom or changing diapers.*



## Clean Fruits and Vegetables

*Wash fruit and vegetables under running water, including those with skins that are not eaten (i.e. orange, watermelon)*



## Do Not Cross Contaminate

*Separate raw meat, poultry, seafood, and eggs from other foods in your shopping cart, grocery bags, and in your refrigerator.*

*Use one cutting board for fresh produce and a separate one for meat.*



## Cook to Safe

## Temperatures

*Use a food thermometer to measure the internal temperature of cooked meat, poultry, and egg dishes to make sure it is safe to eat.*

Food	Minimum Internal Temperature
Beef roasts and steaks	145 F
Pork	145 F
Fish	145 F
Ground meat	160 F
Poultry (chicken, turkey)	165 F

## Refrigerate Properly

*-Refrigerate or freeze meat, poultry, eggs, and perishables as soon as you get home*

*-Never let raw meat, poultry, eggs, cooked foods, or cut fresh fruits and vegetables sit at room temperature more than 2 hours*

*-Thaw food in the refrigerator or in cold water.*

