

Tips for Safe Food Handling, from Purchasing through Meal Cleanup to Prevent Germs from Entering Your Body

Four simple steps: Clean, separate, cook, and chill.



KEEP YOUR FAMILY SAFER FROM FOOD POISONING
Check your steps at FoodSafety.gov

Clean hands and surfaces often. Do not forget to clean the tops of canned foods before opening and wash produce.¹ Sanitizing counters and cooking equipment is an additional step some households may follow.

Separate raw meat, poultry, and seafood from ready-to-eat foods, such as fruits and vegetables, to prevent cross-contamination or the spread of bad germs.

Cook foods to the right temperature. With lower immune function, cooking is especially important. You cannot tell by looking at or touching if a food is finished

cooking; use a food thermometer. Using a chart (below) can help you remember when food has reached a safe internal temperature to eat.⁵

- Avoid eating raw or undercooked fish and seafood.
- Avoid cheese or dairy products made from raw unpasteurized milk.

Chill or refrigerate foods quickly to slow germ growth. For best results, keep refrigerators set at 40°F or below, and freezers at 0°F or below. Refrigerate foods within 2 hours after cooking or purchasing. Refrigerate foods within 1 hour if the temperature is above 90°F.

“Is it done yet?”
You can't tell by looking. Use a food thermometer to be sure.

USDA Recommended Safe Minimum Internal Temperatures

145°F	145°F	160°F	160°F	165°F
with a 3-minute rest time				
Beef, Pork, Veal & Lamb Steaks, Roasts & Chops	Fish	Beef, Pork, Veal & Lamb Ground	Egg Dishes	Turkey, Chicken & Duck Whole, Pieces & Ground

www.FoodSafety.gov

USDA Meat & Poultry Hotline
1-888-MPHotline (1-888-674-6854)

Food Safety and Inspection Service

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References

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5. Foodsafety.gov

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