

Safe Food Handling

Use safe food handling to avoid food-borne illness.

Remember to:

◆ Wash hands with soap and warm water for at least 20 seconds (length of ABC song). Do this before preparing food and when changing tasks of cooking.



◆ Proper hand washing may eliminate nearly half of all cases of food borne illness. It can reduce the spread of the cold and flu.



◆ If you can't always wash, pack moist towelettes or hand sanitizer to use before eating.



◆ **Cook** meats at least to **145-165 degrees F** for 15 seconds. Check temperature by putting a meat thermometer into the center of the thickest part of meat. See the reverse side for more temperature info.

◆ Ready-to-eat food and take-out can make you sick also. Make sure to reheat these foods to 165 degrees F too.

◆ **Don't eat** raw alfalfa, clover, or radish sprouts; raw or undercooked meat, fish or poultry. Avoid salad bars and buffets. Eggs must be thoroughly cooked (no soft-cooked yolks!).

◆ Check food labels – “Expiration” date means do not consume the food after this date if possible.

◆ **Don't eat** packaged food if the package has been damaged.

◆ **Clean** cans before opening to prevent contaminating the food inside.

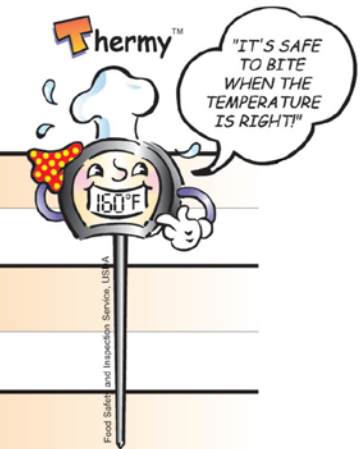
When in doubt throw it out!

Leftovers	Keeps Up To
Cooked fresh vegetables	3-4 days
Cooked pasta	3-5 days
Cooked rice	1 week
Deli counter meats	3-5 days
Meat:	
Ham, cooked and sliced	3-4 days
Hot dogs, opened	1 week
Lunch meats, prepackaged, opened	3-5 days
Cooked beef, pork, poultry, fish and meat casseroles	3-4 days
Cooked patties and nuggets, gravy and broth	1-2 days
Seafood, cooked	1-2 days
Soups and stews	3-4 days
Stuffing	1-2 days

Internal Cooking Temperatures

Product	°F
Egg & Egg Dishes	
Eggs	Cook until yolk & white are firm.
Egg dishes	160
Egg sauces, custards	160
Ground Meat & Meat Mixtures	
Turkey, Chicken	165
Beef, Veal, Lamb, Pork	160
Fresh Beef, Veal, Lamb	
Medium Rare	145
Medium	160
Well Done	170
Fresh Pork	
Medium	160
Well Done	170
Ham	
Fresh (raw)	160
Fully cooked (to reheat)	140
Roast Beef	
Cooked commercially, vacuum sealed, and ready-to-eat	140

Product	°F
Poultry*	
All products	165
Stuffing	
Cooked alone or in bird	165
Sauces, Soups, Gravies, Marinades	
Used with raw meat, poultry, or fish	Bring to a boil.
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.
Leftovers	
	165



Note: These temperatures are recommended for consumer cooking. They are not intended for processing, institutional, or foodservice preparation. Foodservice workers should consult their state or local food code, or health department.

*safe minimum internal temperature