

Foodborne illness is a preventable public health challenge that causes an estimated 48 million illnesses and 3,000 deaths annually in the US. It is an illness that originates from eating contaminated food. The onset of symptoms (flu-like) may occur within minutes to weeks.

Use the guide below to learn how to effectively prepare and store food while removing the threat of food poisoning.



CLEAN

Wash hands with warm water and soap for at least twenty (20) seconds before and after handling food. Wash cutting boards, utensils, and counter tops with hot, soapy water before and after preparing each food item.



SEPARATE

Don't cross-contaminate. Keep raw meat, seafood, and poultry apart from foods that won't be cooked. Use a separate cutting board for salads and ready-to-eat items.



COOK

Cook foods to a safe temperature. Use a food thermometer; you can't tell if food is cooked to a safe temperature by how it looks.



STORAGE

Chill leftovers and takeout foods within two (2) hours of being served. Maintain the refrigerator temperature of 40°F or below; freeze food at a temperature of 0°F or below.

What I Can Do...

- Wash hands and utensils thoroughly between each food item.
- Don't cross-contaminate.
- Cook foods thoroughly.
- Store foods at recommended temperatures.

SAFE COOKING TEMPERATURES

as measured with a food thermometer

GROUND MEAT & MEAT MIXTURES	Internal temperature
Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F
FRESH BEEF, PORK, VEAL & LAMB	145°F
	with a 3 minute rest time
POULTRY	
Chicken & Turkey, Whole	165°F
Poultry Parts	165°F
Duck & Goose	165°F
Stuffing (cooked alone or in bird)	165°F
HAM	
Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F
EGGS & EGG DISHES	
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
SEAFOOD	
Fin Fish	145°F
	or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
LEFTOVERS & CASSEROLES	165°F

References

Foodsafety.gov <http://www.foodsafety.gov>

U.S. Food and Drug Administration <http://www.fda.gov/Food/>