Food Safety

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 clean running 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.

CHILL
Chill leftovers and takeout foods within two (2) hours of being served; one (1) if it’s 90°F or warmer. Maintain the refrigerator temperature of 40°F or below; freeze food at a temperature of 0°F or below.

What I Need to Do...
• Wash hands and utensils thoroughly between each food item.
• Don’t cross-contaminate.
• Cook foods thoroughly.
• Store foods at recommended temperatures.

Safe Cooking Guidelines

<table>
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<th>Safe Minimum Internal Temperatures as measured with a food thermometer</th>
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<td>Beef, pork, veal and lamb (roast, steaks and chops)</td>
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<td>Ground meats</td>
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Guidelines for Seafood

- Shrimp, lobster, crabs: Flesh pearly and opaque
- Clams, oysters and mussels: Shells open during cooking
- Scallops: Milky white, opaque and firm

References
Centers for Disease Control and Prevention
Foodsafety.gov
U.S. Food and Drug Administration
Partnership for Food Safety Education