



Wash hands well with soap and water:

- Before preparing food
- Each time you touch a different type of food
- Before serving food

Countertops, utensils, bowls and pans should be **clean before preparing food.**



Rinse fresh fruits and veggies well before cutting or eating them.

Keep the kitchen **clean between meals** to keep bugs, mice and other pests away.



The only way to know if foods have been cooked well enough to kill harmful germs is by using a food thermometer.

Foods are cooked well enough when:

- Ground meats of any kind reach 160° F inside.
- Pork, fresh ham, beef, lamb (roast, steaks and chops) and fish (see other seafood below) must reach 145° F inside (and then rest for 3 minutes).
- Poultry and stuffing are 165° F inside.
- Seafood like shrimp, lobster, crab and scallops must turn white and opaque.
- Clam, oyster and mussel shells must open during cooking.
- Eggs are firm (160° F inside).

Keep cooked foods hot until they are ready to eat (140° F inside).



Temperatures listed are from the USDA



Refrigerate foods quickly so harmful germs don't have time to grow.

- Refrigerate or freeze meat, poultry, fish, fresh vegetables, eggs and milk products as soon as you get home from the grocery store.



- Put leftovers in the refrigerator within two hours.

- Thaw foods in the refrigerator, under cool, running water or in the microwave, not on the countertop.

Use a refrigerator thermometer to make sure it's 40°F or below.

Separate



To keep harmful germs out, separate raw meats, poultry and fish from ready to eat foods when:

- shopping
- refrigerating or freezing
- cutting and preparing



If you can, use **different cutting boards** for each type of food. Wash them well with soap and water between each use.

Keep raw meat in plastic bags or other containers so their juices will not drip.

Wash dishes that held raw meat before you put cooked food in them.

One drop of juice or blood from a raw chicken can sicken the whole family

Other food safety tips



- Wash your hands well after using the toilet, changing a diaper or helping a child use the bathroom.
- Never share cups, utensils, dishes or anything else that you put in your mouth.
- **Never prepare food for others when you are sick with vomiting or diarrhea.**



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Adapted from the CDC's Fight BAC campaign

Handle food safely



Protect your family's health