

# FOOD SAFETY TIPS

Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils and cutting boards. Keeping food safe and clean helps you protect your family and friends.

## CLEAN

- **Wash hands the right way**—for 20 seconds with soap and running water to stop the spread of illness-causing bacteria.
- **Wash surfaces and utensils after each use.** Bacteria can be spread throughout the kitchen and get onto cutting boards, utensils and countertops.
- **Wash fruits and veggies—but not meat, poultry or eggs!** Even if you plan to peel fruits and veggies, it's important to wash them first. Bacteria can spread from the outside to the inside as you cut or peel them.

## SEPARATE

- Use separate cutting boards and plates for produce and for meat, poultry, seafood and eggs
- Keep meat, poultry, seafood and eggs separate from all other foods at the grocery store and in your refrigerator.

## COOK

- Use a food thermometer, placing it in the thickest part of the food. Cook food to:
  - 145°F for fish, shellfish, beef steaks and roasts, pork roasts;
  - 160°F for ground beef, ground pork;
  - 165°F for poultry, leftovers, casseroles.
- Keep food hot after cooking (at 140°F or above).
- Microwave food thoroughly (to 165°F)

## CHILL

- **Refrigerate perishable foods within two hours.** Cold temperatures slow the growth of illness-causing bacteria.
- **Never thaw or marinate foods on the counter.** Bacteria can multiply rapidly at room temperature. Thawing or marinating foods on the counter is one of the riskiest things you can do when preparing food.
- **Know when to throw food out.** You can't tell just by looking or smelling whether harmful bacteria has started growing in leftovers or refrigerated foods.

## REFERENCES

**FoodSafety.gov** U.S. Department of Health & Human Services. 200 Independence Avenue, S.W., Washington, D.C. 20201

## LOCAL CONTACT

For more information, contact the University of California Cooperative Extension office in your county. See your telephone directory for addresses and phone numbers, or visit [http://mfp.ucanr.edu/Contact/Find\\_a\\_Program/](http://mfp.ucanr.edu/Contact/Find_a_Program/).

## ACKNOWLEDGMENT

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