

FOODS CAN BE HAZARDOUS

Safe food practices prevent food-borne illness!

Many foods support the growth of harmful bacteria:

- Raw or cooked foods from all animal sources, especially leftovers!
- Raw cut chopped or cooked vegetables.
- Raw salad greens and sprouts
- Cut and chopped raw fruits especially melons.
- Cut, chopped or cooked herbs.

Home canned food should NEVER be used for public consumption!



SHOPPING & STORAGE TIPS

Buy cold food last, get it home fast!

Shopping: Buy food ONLY from approved sources

- Place refrigerated or frozen food in the shopping cart last.
- Refrigerate fish, meat, milk, poultry and seafood soon after you leave the store.
- Wash hands with soap and water before and after handling food.

Storage: Store canned goods in a clean, cool, and dry location.

- Discard canned foods with bulging lids, cracks, dents or rust.
- Keep food at least 6 inches off the floor.
- Separate food from cleaning supplies.



SANITIZING SOLUTIONS

Sanitize dishes, cooking utensils, and kitchen counters to prevent bacteria growth.

Sanitize hand washed Dishes:

- Mix 1 tablespoon of chlorine bleach in 1 gallon of water.
- Wash and rinse dishes, and soak in the solution for at least 1 minute.
- Place dishes on rack to air dry after sanitizing.

Sanitize Kitchen Surfaces:

- Mix 1 teaspoon of chlorine bleach in 1 quart of water.
- Spray or apply solution to counter tops, sinks, tables, cutting boards and other surfaces.
- Wipe and rinse surfaces.

Discard and prepare a new solution each day.

TRANSPORT FOOD SAFELY

Keep hot food hot and cold food cold!

Cold Food: Use insulated food chests or hot/cold food containers packed with ice.

Hot Food: Place a wrapped dish in an insulated food (ice) chest.

- Pack chest with towels, newspaper or other appropriate insulation.
- Prepare food close as possible to serving time.



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Making a Difference
for California

PROTECT YOUR FAMILY FROM UNSAFE FOOD



**SHOP, STORE, COOK, &
SERVE FOOD SAFELY**

Help reduce food-borne illness!

PREPARE FOOD SAFELY

Keep foods separate and do not cross contaminate.

Keep it clean!

- Wash hands and fingernails with soap and warm water for 20 seconds or more before, during, and after you prepare food.
- Clean and sanitize preparation areas BEFORE and AFTER you prepare food.
- Sanitize hands, utensils and food preparation areas regularly during food preparation.
- Use clean utensils, clean gloves and clean hands to handle/touch food.
- Wash utensils and cutting board in hot, soapy water and sanitize before and after use.
- Thaw food in the refrigerator or in the microwave.
- If thawed in the microwave cook immediately.
- Do not let juices from raw meat, poultry or seafood contact or drip on other foods.

Don't contaminate food!

- Persons who are ill SHOULD NOT prepare or serve food.
- Wear clean clothes, apron and confine hair.
- Keep pets away from food preparation and serving areas.

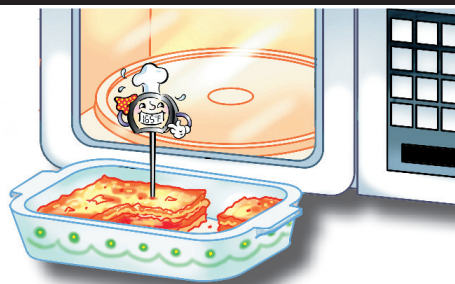
COOK FOOD SAFELY

High temperatures kill harmful bacteria!

- Never partially cook food to finish cooking later unless you are freezing it.
- If YOU use a microwave to cook, follow the microwaving cooking directions.
- Use a thermometer to TEST if foods have reached a safe temperature inside. (See Safe Cooking Temperatures chart to the right).
- Always clean and sanitize thermometers before and after use.

SAFE COOKING TEMPERATURES!

Cook food until it reaches these safe temperatures	
FOOD	°F
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160
Turkey, Chicken	165
Meat other than ground	
Beef, Veal, Lamb, Pork, Ham (raw)	145
<i>plus 3 minutes of resting</i>	
Ham - Pre-cooked (to reheat)	140
Poultry	165
(whole, parts, and stuffing)	
Eggs & Egg Dishes	
Eggs	<i>Cook until yolk & white are firm</i>
Egg dishes	160
Seafood	
Fish	145
<i>or until opaque & flakes easily</i>	
Shrimp, Lonster & Crabs	<i>Flesh pearly & Opaque</i>
Clams, Oyster & Mussels	<i>Shells open during cooking</i>
Scallops	<i>Milky white/ opaque & firm</i>
Leftovers & Casserols (reheat only once)	165
Soups, Gravies, & Sauces	<i>Heat to a rolling boil</i>



SERVE YOUR FAMILY SAFE FOOD

University of California and
US Department of Agriculture Cooperating

SERVE FOOD SAFELY

Never leave food out for OVER 2 hours!

Use clean utensils

- Avoid touching food with fingers.
- Cover serving dishes to protect food from dust, sneezing, spills and people touching them.
- Serve HOT FOOD above 140°F and COLD FOOD below 40°F
- Never leave raw or cooked food at room temperature for OVER 2 hours.
- When the air temperature is 90° F or above, NEVER leave food OUT for more than 1 Hour!
- Keep a limited amount of food at room temperature.
- Check the food temperature every hour to make sure it is at the correct temperature.

Keep it clean!

- Wear clean clothes, apron, and confine hair.
- Wash hands with soap and water.
- If you have a cut on a hand, wash hands well and wear clean gloves.

HANDLE LEFTOVERS SAFELY

Refrigerate quickly! Reheat properly!

Wash hands often!

- Refrigerate within 2 hours OR SOONER.
- Cool food in shallow containers no more than 2 inches deep in the refrigerator or freeze.
- Reheat leftovers to a temperature of 165°F.
- Reheat soups, gravies and sauces to a boil.
- Reheat leftovers only once.
- Toss leftovers out after one re-heating.
- Wash hands before and after handling leftovers.

When in doubt - throw it OUT!