PROTECT YOUR FAMILY FROM UNSAFE FOOD

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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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!

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

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!