

FOOD SAFETY TIPS

Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils and cutting boards. Follow the 'Core Four' practices of food safety to help protect your family and friends from foodborne illness: Clean, Separate, Cook, Chill.

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.
- **Rinse fruits and veggies—but not meat, poultry or eggs!** Even if you plan to peel fruits and veggies, it's important to rinse them first. Bacteria can spread from the outside to the inside as you cut or peel them. Rinse produce under cold running water to remove dirt and debris.

SEPARATE

- Use separate cutting boards and plates for produce, ready to eat foods and for raw meat, seafood and eggs.
- Keep raw meat, poultry, seafood and eggs separate from all other foods at the grocery store (cart and bags) 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, beef steaks and roasts, pork roasts and chops;
 - 160°F for ground beef, ground pork and egg dishes;
 - 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 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 at or smelling whether harmful bacteria have started growing in leftovers or refrigerated foods. Visit the UC Master Food Preserver website for storage recommendations.

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/.

ACKNOWLEDGMENT

Food Safety Tips was originally created by the UCCE Master Food Preserver Program of Orange County.

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