

## FOOD SAFETY

### How to Follow Food Safety at Home and When Dining Out

#### According to the Center for Disease Control and Prevention there are 4 Basic Steps for Food Safety

##### 1. Clean- always wash your food, hands, counters, and cooking tools.

- Wash hands for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- **Do not** wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.

##### 2. Separate- (Keep Apart) keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods.
- Do not reuse marinades used on raw foods.
- Use a special cutting board or plate for raw foods.

##### 3. Cook- Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
  - Beef, Pork, Lamb 145 °F
  - Fish 145 °F
  - Ground Beef, Pork, Lamb 160 °F
  - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done.

##### 4. Chill- Put food in the fridge right away.

- **2-Hour Rule:** Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
  - In the fridge

- Under cold water
- In the microwave
- Marinate foods in the fridge.
- Make sure food is cooked thoroughly.
- Hot food should be served hot and cold food should be served cold.
- Eat leftovers within 3 to 4 days.
- If you think you got sick from food, report it to your local health department.



##### Tips to Avoid Food Poisoning While Eating Out

- **Check inspection scores.** Check a restaurant's score at your [health department's website](#).
- **Look for certificates that show kitchen managers have completed food safety training.**
- **Look for safe food-handling practices.** Check to make sure workers are using gloves or utensils to handle foods that will not be cooked further, such as deli meats and salad greens.
- **Order food that's properly cooked.** Certain foods need to be cooked to a temperature high enough to kill harmful germs. This includes meat; seafood; chicken, turkey, or other poultry; and eggs. If a restaurant serves you undercooked meat, poultry, seafood, or eggs, send it back if you are unsure.
- **Avoid lukewarm food.** Cold food should be served cold, and hot food should be served hot. If you're selecting food from a buffet or salad bar, make sure the hot food is steaming and the cold food is chilled. Germs that cause food poisoning grow quickly when food is in the danger zone, between 40°F and 140°F.
- **Ask your server** if they use pasteurized eggs in foods such as Caesar salad dressing, custards, tiramisu, and hollandaise sauce. Raw or undercooked eggs can make you sick unless they're pasteurized to kill germs.
- **Refrigerate your leftovers quickly.** Refrigerate leftovers within 2 hours of when the food was prepared (or 1 hour if the food is exposed to temperatures above 90°F, like a hot car or picnic). Eat leftovers within 3 to 4 days. Throw them out after that time.
- CDC.Gov Centers for Disease Control and Prevention January 2023