



# Your Family is First, Keep them Safe

## And protect them from foodborne illness

*You do everything possible to protect yourself and your family. When you are in a car, you put on the safety belts in order to avoid injuries. You teach your children to cross a street and to never open a door to strangers. Caring for your family means that you have to be careful in your kitchen. The food you serve your family can be dangerous if it is not properly handled, cooked, or refrigerated.*

*Adequate food handling is very simple and very similar to precautions we take every day. It is also important to keep your family healthy.*

### Why is it important to keep my kitchen CLEAN?

We sweep and mop floors and vacuum carpets when they are dirty in order to make the house look clean and hygienic. The kitchen surfaces will look clean but they can contain a multitude of bacteria so small that they can't be seen. These bacteria can get into your food, make your family sick, and even send you to the hospital.

Wash your hands with soap and warm water before and after handling food and after using the bathroom, changing diapers, or handling pets.

Wash kitchen utensils and cooking surfaces with hot water and soap.

Wash fruits and vegetables thoroughly before handling them or serving them raw.



### Why should I SEPARATE food?

You separate white and colored items when you wash your clothes because you know they can bleed their original color if you put them together in the washing machine.

Storing in the same place certain foods could be disastrous. Food with bacteria can contaminate other foods if they are placed together. Remember to separate raw meat, poultry, and seafood from fruits, vegetables, and cooked foods when preparing meals and storing them in the refrigerator.

Do not use the same kitchen utensils, cutting board, and other surfaces to prepare meat and vegetables. Cross-contamination can occur when bacteria is spread between foods.

**Clean**

**Separate**

**Cook**

**Chill**

## Why should I use a food thermometer when cooking?

You use a thermometer to ensure your child does not have a fever, you know it is insufficient merely to touch his or her forehead.

Temperature is very important also for foods. Meats and other food should be cooked to a safe temperature to kill any bacteria they might contain.

Use a food thermometer to make sure your food has reached the adequate internal temperature. You will feel confident that there is no danger for foodborne illness.



Beef, lamb, pork and veal steaks, roasts, and chops, 145 °F and allow meat to rest for at least 3 minutes.



Pork, all cuts 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least 3 minutes before carving or consuming.



Ground beef, veal, pork, and lamb, 160 °F.



All poultry should reach 165 °F, as measured with a food thermometer.

## Why should I CHILL promptly?

A very cold glass of horchata can revive your soul on a very hot day of summer, refresh you and make you feel alive.

Cool temperatures are very important for food also. Keeping food in the refrigerator at a safe temperature prevents the spread of bacteria.

### Refrigeration tips:

- Maintain your refrigerator temperature at 40° F or below.
- Maintain your freezer temperature at 0° F or below.
- Place leftovers in shallow containers so they can cool down fast after putting them in the refrigerator.

Never defrost foods at room temperature, defrost them in the refrigerator, submerged in cold water or in the microwave.

**Got food safety questions?**

AskKaren.gov

Visit "Ask Karen" at AskKaren.gov to ask a food safety question

Call the USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)

MP Hotline





For more information contact USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or visit FSIS Web site at [www.fsis.usda.gov](http://www.fsis.usda.gov)

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