FOOD SAFE FAMILIES

Four Steps to Keep Your Family Safe from Food Poisoning

CLEAN
WASH HANDS AND SURFACES OFTEN

SEPARATE
SEPARATE RAW MEATS FROM OTHER FOODS

COOK
COOK TO THE RIGHT TEMPERATURE

CHILL
REFRIGERATE FOOD PROMPTLY

Types of Food Thermometers:

- Digital Thermometers - are not designed to remain in the food while it’s cooking. They should be used near the end of the estimated cooking time to check for final cooking temperatures in thin or thick foods.

- Dial Thermometers - have a dial display and are available as "oven-safe" and "instant-read." The dial thermometer senses temperature from its tip and up the stem for 2 to 2 1/2 inches and works well in thick foods.

To ask a food safety question:
- Visit “Ask USDA” at https://ask.usda.gov/s/
- Call the USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)
- FDA Food Information Line 1-888-SAFEFOOD (1-888-723-3366)

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Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs and prevent food poisoning.

- Thoroughly wash utensils, cutting boards, and countertops with soap and hot water. Rinse. They may be sanitized by applying a solution of 1 tablespoon of liquid chlorine bleach per gallon of water. Air-dry.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Do not wash fruits and vegetables with soap, detergent or commercial produce washes.
- Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat food.
- Separate raw meat, poultry, and seafood from produce in your shopping cart. Place food in plastic bags to prevent their juices, which may contain harmful bacteria, from dripping onto other food.
- At home, put raw meat, poultry, and seafood in containers, on plates, or in sealed plastic bags in the refrigerator to prevent their juices from dripping onto other food.
- Use a separate cutting board for raw meat, poultry, and seafood.

1 in 6 Americans will get sick from food poisoning this year. 3,000 Americans will die. Keep your family food safe.

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- The food thermometer should be placed in the thickest part of the food, away from bone, fat, or gristle.

SAFE MINIMUM INTERNAL TEMPERATURES
As measured with a food thermometer

<table>
<thead>
<tr>
<th>Food</th>
<th>Minimum Internal Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, pork, veal, lamb (roast, steaks and chops)</td>
<td>145°F with a 3-minute “rest time” after removal from the heat source.</td>
</tr>
<tr>
<td>Ground Meats</td>
<td>160°F</td>
</tr>
<tr>
<td>Poultry (whole, parts or ground)</td>
<td>165°F</td>
</tr>
<tr>
<td>Eggs and egg dishes</td>
<td>160°F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.</td>
</tr>
<tr>
<td>Leftovers</td>
<td>165°F</td>
</tr>
<tr>
<td>Fin Fish</td>
<td>145°F</td>
</tr>
</tbody>
</table>

SAFE COOKING GUIDELINES

<table>
<thead>
<tr>
<th>Food</th>
<th>Cook to</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shrimp, Lobster, Crabs</td>
<td>Flesh pearly and opaque</td>
</tr>
<tr>
<td>Clams, Oysters and Mussels</td>
<td>Shells open during cooking</td>
</tr>
<tr>
<td>Scallops</td>
<td>Milky white, opaque and firm</td>
</tr>
</tbody>
</table>

- The temperature in a refrigerator should be 40°F or below, and the freezer 0°F or below.
- Perishable food should be thawed in the refrigerator, in the microwave, or in cold water. They should never be thawed on the counter or in hot water. Do not leave food at room temperature for more than two hours (one hour when the temperature is above 90°F).
- Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed in the microwave or cold water, cook before refreezing.
- Divide large pots of food, like soup or stew, into shallow containers. Cut cooked meat or poultry into smaller portions or slices. Place in shallow containers, cover, and refrigerate.
- Only buy eggs from a refrigerator or refrigerated case. Store eggs in the refrigerator in their original carton and use within 3-5 weeks.
- When selecting pre-cut produce choose only those items that are refrigerated or surrounded by ice and keep refrigerated at home to maintain both quality and safety.

Raw milk and products made from raw milk (including certain cheeses, ice cream, and yogurt) are foods that can pose severe health risks. Raw milk and products made from raw milk can carry harmful bacteria and other germs that can make you very sick or kill you. At the grocery store, look for milk and milk products that are labeled “pasteurized” (which means the milk has been heated briefly to kill disease-causing germs). If you do not see the word “pasteurized” on the product label, the product may contain raw milk. Pasteurized milk and milk products are safer than raw milk and products made from raw milk.

KEEP YOUR FAMILY SAFE FROM FOOD POISONING
Check your steps at FoodSafety.gov