

Keep Your Food Safe from Bacteria

When in Doubt, Throw it Out!



CLEAN

- **Wash your hands** after visiting live poultry markets, before and after preparing food, and before coming into contact with children.
- **Wash counters and cooking tools with hot soapy water** before and after preparing food. This includes food thermometers.



SEPARATE

- **Keep raw meats away from other foods.** Keep raw meat, poultry (chicken, turkey), fish, and their juices away from other foods while food shopping and at home.
- **Use separate cutting boards** for fresh fruits and vegetables and for raw meat, poultry, and fish.



REFRIGERATE

- **Refrigerate right away.** Keep raw meat, poultry, and fish refrigerated or frozen. Make sure your refrigerator temperature is between 34°F to 40°F and the freezer is at 0°F.
- **Defrost and marinate in the refrigerator.** Defrost meat, poultry and fish in the refrigerator, *or* under cold running water, *or* in the microwave. NEVER defrost at room temperature. Marinate food items in the refrigerator.



COOK

- **Use a food thermometer.** Recommended temperature for red meat is 160°F; 180°F for poultry. Check thermometer instructions to make sure you use it properly.
- **Check for signs that meat and poultry are cooked all the way through on the inside.** Red meat should be brown or gray inside; poultry juices should run clear; fish should flake with a fork.

KEEP HOT FOODS HOT.

REFRIGERATE LEFTOVERS WITHIN 2 HOURS OR THROW THEM OUT.



Did you know??
Many people could avoid getting sick from bacteria each year by following these simple tips.

<i>How long is it Safe in the Refrigerator or Freezer?</i>		
Product	Refrigerator (34°F - 40°F)	Freezer (0°F)
Fresh Poultry (Chicken, Turkey)		
Uncooked Chicken or Turkey Pieces	1 to 2 days	9 months
Uncooked Whole Chicken or Turkey	1 to 2 days	1 year
Fresh Beef, Veal, Lamb, Pork		
Uncooked Steaks	3 to 5 days	6 to 12 months
Uncooked Chops	3 to 5 days	4 to 6 months
Uncooked Roasts	3 to 5 days	4 to 12 months

Information adapted from Partnership for Food Safety Education · www.fightbac.org and USDA · www.fsis.usda.gov