

# Food Safety

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## Food Thawing Methods:

1. Run food under constant cold running water
2. Defrost in the microwave using the defrost setting. Cook immediately after
3. Thaw food in the refrigerator. Raw meat should always be thawed on the bottom shelf

## Clean: Hands, Utensils, Surfaces

- Wash your hands for 20 seconds with soap
- Wash surfaces and utensils after each use
- Wash fruits and vegetables, but not meat, poultry, or eggs

## Cook to the Right Temp

- Pork, steaks, chops, roasts, fish: 145°F
- Ground beef, pork: 160 °F
- Poultry, ground turkey, chicken: 165 °F
- If food isn't being served right away, keep it at 140 °F or above
- Leftovers should be cooked to 165 °F

## Chill: Refrigerate + Freeze Food Properly

- Store food in the fridge within 2 hours
- Refrigerate leftovers for no more than 2-4 days and 4-6 months for frozen

## Separate: Avoid Cross-Contamination

- Always wash and sanitize your cutting board thoroughly when you transition between raw, cooked, or ready to eat foods
- Use separate plates and utensils for cooked and raw foods (that won't be eaten raw)
- Place raw meat, poultry, and seafood in containers or sealed plastic bags in the refrigerator, freeze if you won't use them within a few days
- Keep eggs in their original carton and store them in the main refrigerator compartment