

QUICK REFERENCE: TIPS TO AVOID FOODBORNE ILLNESS

COOKING TEMPERATURES

165°F | CHICKEN, TURKEY, & OTHER POULTRY

**145°F | BEEF, BISON, GOAT, LAMB, & PORK
STEAKS, ROASTS, AND CHOPS**

**160°F | BEEF, BISON, GOAT, LAMB, & PORK
GROUND MEAT AND SAUSAGE**

160°F | EGGS

165°F | LEFTOVERS

SEAFOOD

**FISH (WHOLE OR FILET)
UNTIL FLAKY**

**SHRIMP, CRAB, LOBSTER, OR SCALLOPS
UNTIL WHITE AND OPAQUE**



DISH WASHING ORDER

1. Wash with soapy water

2. Rinse with water

3. Sanitize with your dishwasher for a more thorough clean. If you do not have a dishwasher, you can sanitize with boiling water.

4. Dry with a clean towel or **Air Dry** on a drying rack.



WASH YOUR HANDS FOR A MINIMUM OF 20 SECONDS WITH WARM WATER AND SOAP.

Rinse your hands and then dry them with a clean towel.



SET YOUR REFRIGERATOR TO 40°F OR BELOW, AND YOUR FREEZER TO 0°F OR BELOW.

Do NOT refreeze meat if it has thawed.



DON'T LEAVE PERISHABLE FOOD OUT OF THE REFRIGERATOR FOR MORE THAN 2 HOURS.

Heat leftovers to 165°F to kill potential bacteria.



Tips to Avoid Foodborne Illness

An estimated 17% of Americans get sick with food poisoning every year, but you can help protect your family by following these 4 easy steps: clean, separate, cook, and chill.

Before handling food, always wash your hands with soap and warm water for at least 20 seconds. Make sure to scrub the backs of your hands, between your fingers, and under your fingernails too!

Singing the “Happy Birthday” song twice is a good way to make sure you’re washing your hands for 20 seconds. Rinse your hands and then dry them with a clean towel.

Clean Your Hands, Utensils, and Surfaces:

- Before, during, and after preparing food
- Before eating
- After using the toilet, changing a child’s diaper or helping a child use the toilet
- After handling meat, poultry, or seafood
- After coughing or sneezing
- After handling animals, pet food, pet waste, or animal feed

Clean cutting boards, knives, countertops, and dishes with hot soapy water after they’ve been used for meat, poultry, seafood, or eggs.

Wash fruits and vegetables with running water (without soap or bleach) before eating, peeling or cutting.

Don’t wash poultry, meat, eggs, or seafood. This can cause harmful bacteria to spread around your kitchen.

Keep your meat, poultry, and seafood **separate** from fruits, vegetables, and other ready-to-eat foods.

Use one cutting board **ONLY** for meat, seafood, and poultry, and a second, separate cutting board for produce and/or other foods that won’t be cooked before you eat them.

When shopping, keep meat, poultry, and seafood items separate from produce and ready-to-eat items by using plastic bags.

Store eggs in their original container and avoid storing them in the refrigerator door.

Chill food properly:

- Set your refrigerator to **40°F or below**, and your freezer to **0°F or below**.
- Don’t leave perishable food out of the refrigerator for more than 2 hours. If the food is exposed to temperatures over 90°F (i.e., in a hot car or a picnic), then refrigerate after 1 hour.
- Never thaw food on the counter. Plan ahead and thaw meat, poultry, or seafood in the refrigerator.
- After meat, poultry, or seafood has been thawed, it is **NOT safe to re-freeze it**. You should cook the product once it is thawed to its safe cooking temperature.

Cook food to a safe temperature:

Cooking food to the right internal temperature makes sure that the harmful bacteria that can make you sick have been killed.

Use a food thermometer to check the internal temperature **at the thickest part of the food** and make sure the thermometer is **NOT** touching bone, fat, or gristle.

- Chicken, Turkey, and Other Poultry: **165°F**
- Eggs: **160°F**
- Beef, Bison, Goat, Lamb, and Pork (steaks, roasts, and chops): **145°F** and rest for 3 mins
- Leftovers: **165°F**
- Beef, Bison, Goat, Lamb, and Pork (ground meat and sausage): **160°F**
- Fish (whole or filet): Cook until opaque and flakes easily with a fork.
- Shrimp, Lobster, Crab, and Scallops: Cook until flesh is white and opaque
- Keep food hot after cooking.



This is to be used as a quick reference guide and overview for food handling.

For more information visit [foodsafety.gov/keep-food-safe/4-steps-to-food-safety](https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety)