



Keep Your

FOOD SAFE

Dangerous germs can be hiding in your food. Germs grow quickly and spread easily. Protect your family from sickness by following these four simple steps:



CLEAN **SEPARATE** **COOK** **CHILL**

Always wash hands with soap and warm water for 20 seconds before and after preparing food. Try singing a song, like “Twinkle, Twinkle Little Star”.

CLEAN

Wash dish rags in hot water often or use paper towels.

Wash cooking utensils, cutting boards and counters with hot soapy water before and after touching food.

Rinse **ALL** fruits and vegetables under running water.

Keep raw meat, poultry, seafood and eggs away from other foods.

SEPARATE

Place meat or poultry on a dish. Keep them on the bottom shelf of your refrigerator.

Have a cutting board that you use only for raw meat, poultry and seafood.



You can sanitize cutting boards using a solution of 1 tablespoon liquid bleach to one gallon of water. Soak for a few minutes, then rinse with water.

Cook foods to a safe temperature to kill bacteria. Use a food thermometer. See chart below.

COOK

Beef, Veal, Lamb (Steaks & Roasts)	145° F
Fish	145° F
Pork	160° F
Beef, Veal, Lamb (Ground)	160° F
Egg Dishes	160° F
Poultry (Turkey, Chicken, Duck)	165° F

Thaw frozen meat, poultry and seafood safely by:

- Putting them in the refrigerator 1–2 days before needed.

OR

- Defrosting in the microwave on low power, then cook right away.



Chill leftovers within 2 hours of being cooked.

CHILL

Put foods that will spoil like meat, poultry and eggs in the refrigerator as soon as you get home from the grocery store.

Transfer soups, stews and other large pots of food into small shallow dishes before putting in the refrigerator. The food will cool faster.

REMEMBER

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Keep your fridge at 40 degrees or below!





California WIC Program, California Department of Public Health
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