

## Practice Good Food Safety at Home

Food safety at home means more than just washing your hands before you eat. Being wise when you handle and store food before cooking, cooking food properly, holding food at the correct temperature and eating it within the prescribed time can significantly reduce your risk of food poisoning, so follow these four easy steps:

1. **Wash Hands Regularly** using soap and water and scrubbing hands, fingers and nails for at least 20 seconds with soap before rinsing.
2. **Keep foods separated** in storage and during preparation – Especially raw meats, vegetables, eggs, dairy and ready to eat foods.
3. **Cook foods to the proper temperatures** per guidelines or manufacturer’s instructions. All foods should be held at 135° F or higher and foods that are being reheated should reach at least 165° F.
4. **Refrigerate perishable foods** as soon as possible at 41° F or cooler. Perishable foods may not be safe if left out for more than 2 hours.

### **Cleaning Tips:**

- **Keep all surfaces** (like countertops and cutting boards) and utensils clean by using warm, soapy water after each use.
- **Wash all cloths and sponges** very often to remove any harmful pathogens.

### **Cooking Temperature Guidelines:**

- **The temperatures below** are for the most common meats and leftovers.

<b>Food</b>	<b>Type</b>	<b>Internal Temperature (°F)</b>
Raw ground meat and meat mixtures	Beef, Pork, Veal, Lamb	160
	Turkey, Chicken	165
Fresh beef, veal, lamb	Steaks, Roasts, Chops	145
Pork - Precooked	ALL Precooked Pork	165
Poultry	ALL Poultry	165
ALL Leftovers and casseroles	ALL Leftovers and Casseroles	165

We hope you enjoy your meals and we look forward to serving you again soon.