

Food Safety

COOL IT!

Ground meat and poultry are more perishable than most foods. In the danger zone between 40 degrees F and 140 degrees F, bacteria can multiply rapidly.

Put meat in your grocery cart last.

Keep cold and tightly wrapped.

Transport home from the store quickly and refrigerate or freeze immediately.

Keep refrigerator set at 40 degrees F or below and freezers set at zero degrees or below.

Defrost in the refrigerator or microwave to prevent bacterial growth.



CLEAN IT!

Keep everything clean – hands, utensils, counters, cutting board and sinks – to ensure that your food stays as safe as possible.

Always wash hands thoroughly in hot, soapy water before and after preparing foods and handling raw meat.

Wash utensils that have touched raw meat with hot soapy water.

Wash counters, cutting boards and other surfaces raw meat has touched.

Keep the inside of your refrigerator clean by washing it inside and out every month.



SEPARATE IT!

Cross-contaminating raw and cooked foods can cause a major kitchen calamity. Take the following preventive steps:

DO NOT let raw meat juices touch ready-to-eat foods.

DO NOT put cooked foods on a plate that held raw meat.

DO NOT pour marinade that touched raw meat over cooked meat – reheat it to boiling first.

Consider buying two cutting boards – one for fruits and vegetables and one for raw meat.



Poultry Thawing Tips

Poultry can be thawed in the refrigerator (the safest), in cold water or in the microwave. Never defrost on the counter. Once thawed, refrigerate until it is ready to be cooked. If thawed in microwave, poultry should be cooked immediately.

A whole turkey takes about 24 hours per 4 to 5 lbs to thaw in refrigerator. In cold water, changed every 30 minutes, takes about 30 minutes per pound to thaw. Keep turkey refrigerated at 40 degrees F until ready to be cooked.



STORE IT!

Shelf life for uncooked ground meat and poultry is one to two days; three to four days once cooked.

In a freezer set at zero degrees or less, uncooked meat may be stored for three to four months. Cooked meat may be stored for up to four months.



EGGS

The risk of getting a food borne illness from eggs is very low. In the rare event that an egg contains bacteria, you can reduce the risk by proper chilling and eliminate it by proper cooking. Discard eggs that are unclean, cracked, or leaking. Use good hygiene practices, including properly washing your hands.

