



4 Steps to Food Safety

Step 1

Clean...Wash Hands and Surfaces Often

Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, equipment, and counter tops.

- Wash your hands with hot soapy water before handling food and after using the bathroom, sneezing or coughing, touch or scratch any area of the body, or handling raw foods.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

Step 2

Separate...Don't Cross-Contaminate

Cross-contamination is the scientific word for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry, and seafood, so keep these foods and their juices away from ready-to-eat foods.

- Wash your hands before handling food and after handling raw meat.
- Wash, rinse, and sanitize cutting boards, knives, utensils, and counter tops after contact with raw meat, fish, or poultry or between preparing different foods.
- Use plastic or other non-porous cutting boards. The boards should be run through the dishwasher...or wash, rinse, and sanitize...after each use.
- Store raw meat below and/or away from all pre-cooked or ready-to-eat food.



Step 3

Cook to Proper Temperature

Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness. Always use a metal stem thermometer to check temperatures while cooking foods.

<u>Food</u>	<u>Internal Temperature</u>	<u>Duration</u>
Poultry	165°F	15 seconds
Stuffed Meat and Pasta	165°F	15 seconds
Ground Meats	155°F	15 seconds
Eggs	155°F	15 seconds
Beef/Pork Roasts	145°F	3 minutes
Fish and Seafood	145°F	15 seconds
Veal and Lamb	145°F	15 seconds

Step 4

Refrigerate Promptly

Refrigerate foods quickly because cold temperatures keep harmful bacteria from growing and multiplying. Always keep cold foods at or below 41°F.

- Divide large amounts of food into small, shallow containers for quick cooling in the cooler.
- Store cooling foods uncovered, on the top shelf, until they reach 41°F or below.
- Store raw meat below and/or away from all pre-cooked or ready-to-eat food. DO NOT store raw meats and pre-cooked meats in the same container.
- Cover all food, except for cooling foods, with approved containers (I.e., Saran wrap, aluminum foil, or tightly fitting impermeable cover).
- Never thaw food at room temperature. Thaw foods under refrigeration, under cold running water, or in the microwave. Always marinate foods in the cooler.



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