Name _____

Safe Food Handling

AT THE STORE

✋ Don't let juice from raw meat, poultry or fish drip on to your hands or any fresh foods in your grocery cart. Raw juices may contain bacteria.

✋ Shop for cold and frozen products last. Use a cooler for the ride home, especially during the summer if you are running other errands.

✋ Avoid unpasteurized milk and juice and eggnog or other foods made with raw eggs.

IN THE KITCHEN

✋ Always wash your hands in hot, soapy water before preparing and after handling raw meat, poultry, seafood or eggs.

✋ Cook all meat and poultry—or casseroles that contain meat or poultry—at a minimum oven temperature of 325 degrees F.

✋ Cook meats thoroughly, but don't overcook them.

✋ Keep your refrigerator at no more than 40 degrees F. and your freezer at 0 degrees F.

✋ Don't store raw fish in your refrigerator for more than 24 hours. Raw poultry or ground beef will keep for one to two days and raw red meat for three to five.

✋ Thaw frozen food in the fridge or in a microwave, not at room temperature.

✋ Never put cooked food on the plate used when it was raw.

✋ To keep bacteria from growing, put your sponge or scouring pad in the dishwasher every time you run it.