

# Safe Food Handling Tips: CLEAN, COOK, CHILL, SEPARATE



Safe handling and preparation of your food is important in preventing foodborne illnesses, meaning any illness that is caused by contaminated food, bacteria, viruses, or parasites, and can result in vomiting and diarrhea.

Use these easy tips to avoid getting sick from your food!



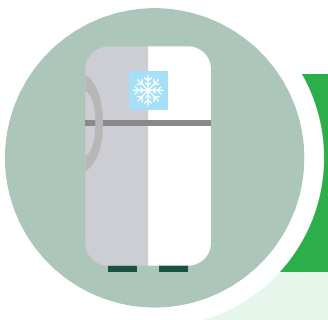
## Cleaning

- Wash your hands well before handling any food items.
- Clean and sanitize your cooking equipment and countertops.
- Wash all vegetables and fruits, including those that you peel or cut.



## Cooking

- Use a thermometer to check the internal temperature of your meats. The thermometer should be inserted into the thickest part of the meat.
- Here are the safe internal temperatures of various meats:
  - » **Poultry:** 165°F (75°C)
  - » **Ground Beef:** 160°F (70°C)
  - » **Steak and Veal:** 145°F (65°C)
  - » **Pork:** 145°F (65°C)



## Chilling

- Meats, eggs and dairy products should be kept at a maximum of 4°C (40 F).
- Keep cold foods cold. If you're packing a lunch, place an ice pack or a frozen drink in your lunch bag to ensure that food is kept cold until lunchtime.
- Defrost foods in the refrigerator. Turkey or chicken should be thawed in the refrigerator and never at room temperature.



## Separating

- Double bag raw meat when storing it in the bottom of your refrigerator or when bringing it home from the grocery store. Drippings from meat can contaminate other foods with food poisoning bacteria.
- Putting meat at the bottom of your refrigerator limits the chances of contaminating any foods below.
- Always separate cooked meat and raw meat in your refrigerator.