

# Four Simple Steps to Keep Foods Safe at Home



Invisible enemies lie in wait that may make you sick. Bacteria on foods can cause food-borne-illnesses. These can cause you to become ill and weaken your ability to fight off other infections. For more information visit: [www.fightbac.gov](http://www.fightbac.gov)

**\*\*\* If you think you have been infected with a foodborne-illness seek medical attention IMMEDIATELY\*\*\***

You have the power to FIGHT BAC! to keep food safe from harmful bacteria. It is as easy as following these FOUR simple steps:

1. Clean
2. Separate
3. Cook
4. Chill



## Fruit and Veggie Recipe for Safety

- \*Prep the Kitchen—Before preparing fruits and vegetables, wash your hands, counter tops, utensils and cutting boards in hot soapy water.
- \*Add Water—To remove any lingering dirt, thoroughly wash fresh produce under running water.
- \*Scrub Thoroughly—Use a vegetable brush to scrub fruits and vegetables that have firm surfaces, such as potatoes, carrots etc
- \*Cut Accordingly—Cut away damaged or bruised areas. Bacteria can thrive in these damaged places.

**Clean: Wash hands and surfaces often:**

- Wash hands and utensils and surfaces in hot, soapy water before and after food preparation
- Cutting boards should be washed in hot soapy water or run through the dishwasher
- Consider using paper towels to clean surfaces and dry hands. If using cloth towels, wash in hot cycle of washing machine.

**Separate: Don't Cross Contaminate:**

- Separate raw meat, poultry and seafood in your shopping cart and in the refrigerator/freezer
- Seal all raw meats in containers or plastic bags to prevent juices from contaminating other foods
- Use a clean cutting board and utensils every time

**Cook: To Proper Temperature**

- Use a food thermometer to test all meats, poultry, and casseroles
- Reheat all foods to 165°F
- When using a microwave cover food, stir and rotate at least twice during cooking or reheating
- Bring sauces, soups and gravies to a rolling boil

**Chill: Refrigerate Promptly and Properly**

- Use a thermometer in your refrigerator and keep it at 41°F or below
- Refrigerate all foods that are perishable within two hours of use or purchase
- Defrost food in the refrigerator, cold running water or microwave
- Avoid over-stuffing your refrigerator
- Throw out food that has been in the refrigerator for more than 3 days or if they look spoiled

**Safe Cooking Temperature Chart**

<p><b>Beef and Pork</b></p> <ul style="list-style-type: none"> <li>• Roast 145°F</li> <li>• Chops or ground 160°F</li> </ul>	<p><b>Poultry:</b></p> <ul style="list-style-type: none"> <li>• Whole 180°F</li> <li>• Breast or leg 170°F</li> </ul>
<p><b>Eggs</b></p> <ul style="list-style-type: none"> <li>• Until yolk and white are firm</li> </ul>	<p><b>Fish</b></p> <ul style="list-style-type: none"> <li>• Flakes easily 145°F</li> </ul>