

Food Safety Tips

- Always wash your hands with soap and water before cooking or eating.
- After handling raw meats, poultry (eggs) or seafood, clean work area and utensils before preparing other foods.
- **Thoroughly** clean cutting boards after each use with hot, soapy water then rinse with clean water and let air dry.
- Thaw foods in the refrigerator. If you use the microwave, cook the food immediately after defrosting.
- Cook meats thoroughly. Use a food thermometer to be sure meat is fully cooked.
 - Chicken (whole, thighs, wings and breasts cook to 165°F)
 - Ground meat (beef, veal, lamb, pork cook to 160°F; poultry to 165°F)
 - Large cuts of beef and lamb cook to 145°F; meat that has been rolled, tenderized or pierced with fork or knife cook to 160°F.
 - Pork roasts and chops and egg dishes cook to 160°F.
- Place cooked meat on a clean plate.
- Keep hot foods hot and cold foods cold.
- Foods should not be left at room temperature for more than 2 hours.
- Use leftovers in 3 to 4 days.

