

Play It Safe with Food



Know how to prepare, handle, and store food properly to keep you and your family safe.

Clean hands and food-contact surfaces before preparing, cooking, or eating food.

Rinse fruits and vegetables with clean water before cooking or serving.

Do not rinse meat and poultry. This may spread bacteria to other foods and surfaces.

Separate raw, cooked, and ready-to-eat foods while shopping, preparing, and storing.

Thaw foods in the refrigerator or in the microwave oven. Food thawed in the microwave should be cooked immediately.

Cook meat, poultry, and fish to safe internal temperatures to destroy the bacteria. Use a food thermometer to be sure meat is fully cooked. This is the only way to accurately determine a safe internal temperature is reached.

Chill perishable foods promptly.

DANGER ZONE - Keep hot foods hot (140°F and above) and cold foods cold (40°F and below).

