

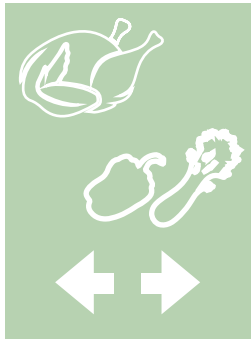
Foodborne illness is a preventable public health challenge that causes an estimated 48 million illnesses and 3,000 deaths annually in the US. It is an illness that originates from eating [contaminated food](#). The onset of symptoms (flu-like) may occur within minutes to weeks.

Use the guide below to learn how to effectively prepare and store food while removing the threat of food poisoning.



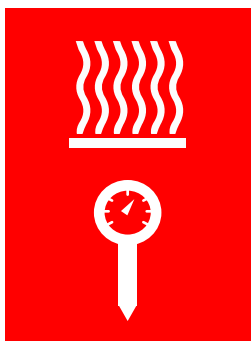
CLEAN

Wash hands with clean running water and soap for at least twenty (20) seconds before and after handling food. Wash cutting boards, utensils, and counter tops with hot, soapy water before and after preparing each food item.



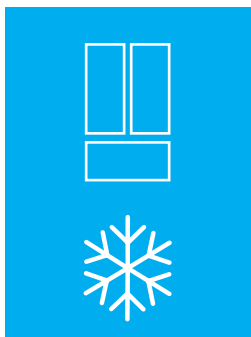
SEPARATE

Don't cross-contaminate. Keep raw meat, seafood, and poultry apart from foods that won't be cooked. Use a separate cutting board for salads and ready-to-eat items.



COOK

Cook foods to a safe temperature. Use a food thermometer; you can't tell if food is cooked to a safe temperature by how it looks.



CHILL

Chill leftovers and takeout foods within two (2) hours of being served; one (1) if it's 90°F or warmer. Maintain the refrigerator temperature of 40°F or below; freeze food at a temperature of 0°F or below.

WHAT I NEED TO DO...

- Wash hands and utensils thoroughly between each food item.
- Don't cross-contaminate.
- Cook foods thoroughly.
- Store foods at recommended temperatures.

Safe Cooking Guidelines

SAFE MINIMUM INTERNAL TEMPERATURES

as measured with a food thermometer

Beef, pork, veal and lamb (roast, steaks and chops)	145 ° F with a three-minute "rest time" after removal from the heat source
Ground meats	160 ° F
Poultry (whole, parts or ground)	165 ° F
Eggs and egg dishes	160 ° F, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165 ° F
Finfish	145 ° F

GUIDELINES FOR SEAFOOD

Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

REFERENCES

[Centers for Disease Control and Prevention](#)

[Foodsafety.gov](#)

[U.S. Food and Drug Administration](#)

[Partnership for Food Safety Education](#)

