



FOOD SAFETY

Safety first! While you can't control the food supply, here's one thing you can control: your kitchen. Help to ensure your family eats safe, nourishing food and protect yourself from food-borne illness with these steps:



Keep your hands, surfaces, and utensils spic and span. Wipe up spills with hot, soapy water and rinse well. Use paper towels or bleach wipes, rather than sponges, to clean up raw meat and poultry juices. Make it a daily habit to toss sponges into the dishwasher before you run it. Keep cross-contamination in mind: Don't prep veggies and fruit on the same surfaces where you've prepared raw meat, fish, or chicken.



Wash your food selectively. Blast fruits and vegetables with cool water just before eating. For heads of lettuce, discard the outer leaves. Contrary to conventional wisdom, meat and poultry should not be washed prior to cooking, according to the USDA, since rinsing these foods is likely to contaminate counters and other surfaces in your kitchen.



Keep cold food cold, and hot food hot. Refrigerate perishable food within 2 hours of purchase, and 1 hour on hot summer days. Use a food thermometer to be sure meat and poultry reach these minimum internal temperatures when cooking: 145 degrees Fahrenheit for meat, 160 for ground meat, and 165 F for poultry. Maintain hot cooked food at 140 degrees F or above, and, when reheating, heat food to at least 165 degrees F.



Powered by:  **Cleveland Clinic**
Wellness

 Arthur J. Gallagher & Co.

This poster is provided for general informational purposes only and should not be considered as medical advice, diagnosis or treatment recommendations.

