

Be Food Safe

For the latest news, alerts, and tips on safely handling and storing food visit: FoodSafety.gov

Wash Hands, Utensils, and Surfaces Often

- Wash hands with soap and water for 20 seconds before and after handling food. This is the best way to reduce the spread of germs and prevent food poisoning.
- Run cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.
- Keep countertops clean by washing with hot soapy water after preparing food.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking.
- Don't wash meat, poultry, eggs, or seafood to avoid spreading harmful germs around your kitchen.

Separate Raw Meats from Other Foods

- Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat food.
- Use one cutting board for raw meat, poultry, and seafood. Use another cutting board for salads and ready-to-eat food.
- Separate raw meat, poultry, and seafood from produce in your shopping cart.
- Store raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.
- Place cooked food on a clean plate—never on a plate that was used for raw food.

Cook to the Right Temperature

- Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle.
- Refer to the **minimum cooking temperatures** to be sure your foods have reached a safe temperature.
- If you're not serving food right after cooking, keep it at a temperature of 140°F or more by using a chafing dish, warming tray, or slow cooker.
- Read package directions for microwave cooking and follow them exactly to make sure food is thoroughly cooked. If the food label says, "Let stand for x minutes after cooking," follow the directions. This allows the microwaved food to continue to heat evenly.
- Stir food in the middle of heating or as directed on the package.

Minimum Cooking Temperatures as measured with a food thermometer

Beef, pork, veal, lamb. 145°F
with a 3-minute "rest time" after removal from the heat source.

Ground beef, pork, veal, lamb. 160°F

Chicken, turkey, & other poultry . . . 165°F
Eggs & egg dishes 160°F
Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.

Leftovers 165°F

Fin fish 145°F

Refrigerate and Freeze Food Properly

- Refrigerate leftovers within 2 hours. If the food is exposed to temperatures above 90°F (like a summer picnic), refrigerate it within 1 hour.
- Never thaw or marinate foods on the counter. The safest way to thaw or marinate meat, poultry, and seafood is in the refrigerator.
- Leftovers should be placed in shallow containers and refrigerated promptly to allow quick cooling.
- Make sure your refrigerator temperature is 40°F or below, and the freezer to 0°F or below. Use an appliance thermometer to check the temperature. **Bacteria spreads fastest at temperatures above 40°F and below 140°F.** Freezing does not destroy harmful germs, but it does keep food safe until you can cook it.



Clean.



Separate.



Cook.



Chill.

Getting too much arsenic can be harmful to health especially during pregnancy, infancy, and early childhood. How to limit arsenic intake:

- Eat a variety of nutritious foods.
- Test your well water.
- Offer babies a variety of baby cereals such as oat and multigrain instead of only rice cereal.
- Wait until babies are at least 1 year old to give them fruit juice, cow's milk, or soy beverages.
- When cooking rice, boil it in a large pot of water until fully cooked. Then drain the water.
- Avoid foods that contain brown rice syrup.
- Do not use rice milk in place of cow's milk.

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