Be Food Safe!
Prepare With Care

Clean. Wash hands, utensils, and surfaces often.

Separate. Use separate cutting boards for fresh produce and raw meat. Never place cooked food on a plate that held raw meat. When storing, place raw meat, seafood, and poultry in sealed containers on the bottom.

Cook. Use a food thermometer.

Chill. Chill food promptly.

Wash Your Hands!

- Wash hands frequently with soap and clean, running water before and throughout food preparation.

- Rub hands together to make a lather. Scrub the backs of hands, between fingers, and under nails.

- Continue rubbing hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

- Rinse hands well under clean, running water. Dry hands using a clean paper towel or use hand dryer.

Safe Minimum Internal Temperatures and Cooking Guidelines

Product	°F
Egg & Egg Dishes	
Eggs	Cook until yolk & white are firm.
Egg dishes	160
Egg sauces, custards	160
Ground Meat & Meat Mixtures	
Turkey, Chicken	165
Beef, Veal, Lamb, Pork	160
Fresh Beef, Veal, Lamb and Pork	
Steaks, Roasts, and Chops	145 with a 3-minute rest time after removing from the heat source.
Ham	
Fresh (raw)	145 with a 3-minute rest time
Fully cooked (to reheat)	140
Roast Beef	
Cooked commercially, vacuum sealed, and ready-to-eat	140
Poultry	
All products	165
Stuffing	
Cooked alone or in bird	165
Sauces, Soups, Gravies, Marinades	
Used with raw meat, poultry, or fish	Bring to a boil.
Seafood	145
Fin Fish	Cook until opaque and flakes easily with a fork.
Shrimp, lobster, crab	Should turn red and flesh should become pearly opaque.
Scallops	Should turn milky white or opaque and firm.
Clams, mussels, oysters	Cook until shells open.
Leftovers & Casseroles	165

Thermy™ "IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!" 160°F

Note: These temperatures are recommended for consumer cooking. They are not intended for processing, institutional, or foodservice preparation. Foodservice workers should consult their state or local food code, or health department.

Food Safety for Groups and Outdoor Events

Cooking for Groups and Outdoor Events

Whether preparing food for a family reunion or a community gathering, people who are great cooks at home don't necessarily know how to safely prepare and store large quantities of food for large groups. Food that is mishandled can cause foodborne illness. However, by following some simple steps, volunteer cooks can make the event safe and successful!

Plan Ahead

Make sure the location meets your needs. When preparing food for large groups, be sure you have enough oven, stovetop, refrigerator, freezer, and counter space.

Store and Prepare Food Safely

Refrigerate or freeze perishable food within two hours of shopping or preparing; one hour when the temperature is above 90°F. Find separate preparation areas in the workspace for raw and cooked food. Never place cooked food back on the same plate or cutting board that held raw food.

Cook Food to Safe Temperatures

Use a food thermometer to check the internal temperature of meat, poultry, casseroles, and other food. Check the temperature in several places to be sure food is cooked to a safe minimum temperature. It's the only way to tell if harmful bacteria are destroyed.

Chill Cooked Foods Quickly

Refrigerate foods quickly because cold temperatures limit the growth of harmful germs. Divide large amounts of food into shallow (2" - 4" deep) containers. Pack ice around food containers to rapidly cool hot foods. Don't over pack refrigerators or coolers to allow air to circulate properly.

Transport Food Safely

Keep hot food at or above 140°F. Wrap well and place in an insulated container. Keep cold food at or below 40°F. Place in a cooler with a cold source such as ice or frozen gel packs.
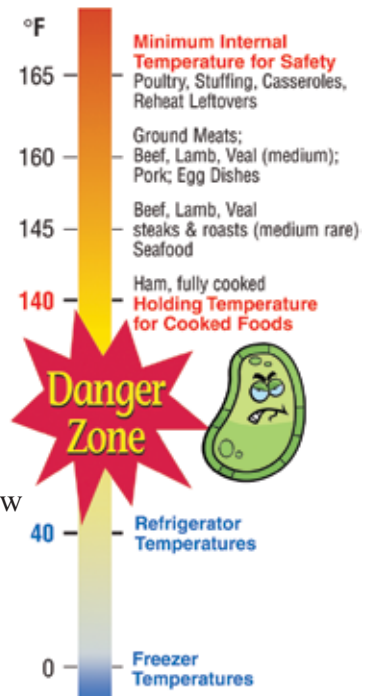
Be Food Safe!

Reheat Food Properly

Food must be hot and steamy for serving. Use the stove, oven, or microwave to reheat foods to 165°F. Bring sauces, soups, and gravies to a boil. Use a thermometer to check temperatures.

Keep Food Out of the Danger Zone (40°F - 140°F)

Keep hot food at or above 140°F. Place cooked food in chafing dishes, warming trays or slow cookers. Keep cold food at or below 40°F. Place food in containers on ice.

°F

165 — **Minimum Internal Temperature for Safety** Poultry, Stuffing, Casseroles, Reheat Leftovers

160 — Ground Meats; Beef, Lamb, Veal (medium); Pork; Egg Dishes

145 — Beef, Lamb, Veal steaks & roasts (medium rare); Seafood

140 — Ham, fully cooked; **Holding Temperature for Cooked Foods**

Danger Zone

40 — Refrigerator Temperatures

0 — Freezer Temperatures

When in Doubt, Throw it Out

Discard food left out at room temperature for more than two hours, one hour when the temperature is above 90°F. Place leftovers in shallow containers. Refrigerate or freeze food immediately.

Some content adapted from www.BeFoodSafe.gov