

# Food Safe Meal Prep

March 2018

Following these tips when cooking and chilling leftovers can help prevent foodborne illness

**DO**



**DON'T**

Wash hands with soap and water for at least 20 seconds before preparing food

Wash meat, poultry, seafood, or eggs

**DO**



**DON'T**

Rinse whole fruits and vegetables under running water and dry with a clean cloth, paper towel, or salad spinner

Use soap or detergent on foods

**DO**



**DON'T**

Wash utensils that have touched uncooked meat, poultry, seafood, eggs, or flour before using them with any food that will be eaten raw

Allow raw meat, poultry, seafood, eggs, or flour to touch any food that will be eaten raw

**DO**



**DON'T**

Clean cooking surfaces and utensils with hot, soapy water after every use

Reuse plates or cutting boards that have touched uncooked meat, poultry, seafood, eggs, or flour unless you wash them first with hot, soapy water

**DO**



**DON'T**

Cook meat, poultry, and seafood to a safe minimum internal temperature

Serve cooked meat, poultry, or seafood without checking the temperature with a food thermometer



**Beef, pork, veal, & lamb (chops, roasts, steaks): 145 °F with a 3-minute rest time**

**Poultry: 165 °F**

**Ground meats: 160 °F**

**Fish & seafood: 145 °F**

**DO**



**DON'T**

Keep meat, poultry, and seafood warm (140 °F or above) between cooking and serving

Allow food to cool before refrigerating

**DO**



**DON'T**

Use the USDA FoodKeeper App to check how long foods can be safely stored

Let food sit out for more than 2 hours, or 1 hour in air temperatures above 90 °F