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

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

**DON’T**
Wash meat, poultry, seafood, or eggs

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

**DON’T**
Use soap or detergent on foods

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

**DON’T**
Allow raw meat, poultry, seafood, eggs, or flour to touch any food that will be eaten raw

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

**DON’T**
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**
Cook meat, poultry, and seafood to a safe minimum internal temperature

- 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

**DON’T**
Serve cooked meat, poultry, or seafood without checking the temperature with a food thermometer

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

**DON’T**
Allow food to cool before refrigerating

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

**DON’T**
Use the USDA FoodKeeper App to check how long foods can be safely stored