

## Food Safety for Adults Under 30: Easy as 1, 2, 3, 4!

Anybody can get food poisoning, and the consequences can be serious at any age. Following 4 key steps to food safety can help lower your chances of getting sick! Check out this fact sheet for some guidelines to follow when making meals at home.

### STEP 1: CLEAN...



**Yourself!** Wash your **hands** with soap and running water for at least 20 seconds before touching food. Don't forget to scrub backs of hands, between fingers, and underneath nails. Germs can hide there, too!

**Your kitchen!** Wash **counters, tabletops, cooking surfaces, and the sink**— anything that touches food—with hot, soapy water before you cook and after they come into contact with raw meat, poultry, seafood, eggs, or flour.

Remember to clean inside your refrigerator, freezer, and microwave, too. Don't delay—wipe up spills and splashes right away.

**Your food!** Rinse fruits and vegetables thoroughly under running water. Since bacteria can spread from the peel to the inside of produce during cutting and peeling, wash hard rinds and peels, too. Dry with a salad spinner, clean cloth, or paper towel. Wipe food packaging with soap and water before opening, especially lids of cans and jars.

**Tip: Think twice!** Rinsing meat, poultry, seafood, and eggs won't make them safer, and can spread germs around your kitchen. Instead of washing these foods, wash your hands after touching them.

### STEP 2: SEPARATE...



**Raw foods!** Keep ready-to-eat foods away from raw meat, poultry, seafood, and eggs in shopping carts, baskets, and bags, in the refrigerator, and while cooking. (Juices from raw meats, poultry, seafood, and cracked eggs can contaminate ready-to-eat foods, so it's important to separate them.)

**Cooking tools!** If you can, use one set of knives, cutting boards, and utensils for produce and a different set for meat, poultry, seafood, and eggs. Or, wash them in hot, soapy water or in the dishwasher between uses.

**Plates!** Plates that touch raw foods aren't safe to reuse for cooked foods until they've been washed. Use clean plates to hold cooked foods, and wash plates thoroughly in hot, soapy water after they touch raw foods.

**Tip: Find a safe space!** Store uncooked meat, poultry, and seafood in plastic wrap or sealed containers, and eggs in their original carton, on lower shelves of the refrigerator.

### STEP 3: COOK...



**Meat, poultry, and seafood!** Use a clean food thermometer to check that these foods reach a safe minimum internal temperature before you eat them. Wash the thermometer with soap and water between uses.

#### What's the safe minimum internal temperature for...

Beef, pork, and ham? <b>145 °F</b> with a 3-minute rest time.	Seafood? <b>145 °F</b> or until opaque and flaking	Ground meats? <b>160 °F</b>
Egg dishes? <b>160 °F</b>	Poultry? <b>165 °F</b>	Microwaved and reheated foods? <b>165 °F</b>

**Eggs and flour!** Eating raw dough is a no-no: cook eggs, batter, and dough until firm.

**Tip: Give it the third degree!** The only way to make sure food is safe to eat is to check the temperature. Keep a food thermometer in your kitchen, and clean it with soap and water before and after using it to test the temperature of the thickest part of your food.

### STEP 4: CHILL...



**Groceries!** Refrigerate or freeze perishable foods within 2 hours (or 1 hour if kept in air temperatures above 90 °F).

**Leftovers!** Smaller portions are better for snacking, and safer too! Divide up leftovers and store them in sealed containers in the fridge or freezer.

**Tip: Be cool!** Use an appliance thermometer to set fridge to 40 °F or below and freezer at 0 °F or below.

