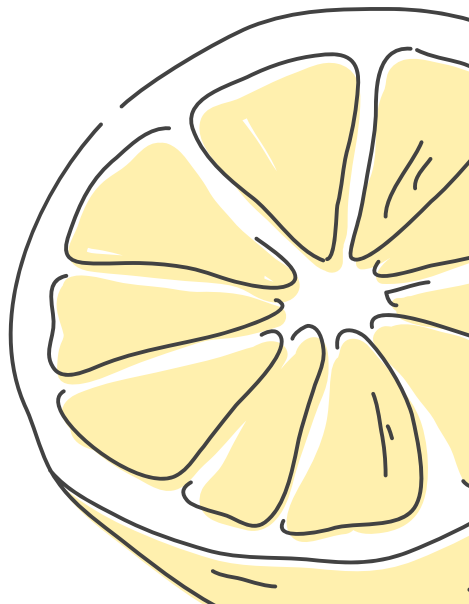


Food Safety

101

How to prepare
food safely and
make them last



Follow these 4 rules to keep your food safe

Clean–Wash your hands, produce, counters and cooking equipment well when preparing different items

Separate–Keep raw foods apart including meats, seafood, poultry and eggs. Store all meat products at the bottom of the fridge to avoid contamination



Cook–Cook meat products to the correct temperature.

- Beef, Pork, Lamb 145 °F
- Fish 145 °F
- Ground Beef, Pork, Lamb 160 °F
- Turkey, Chicken, Duck 165 °F

Chill– Put food in the fridge within 2 hours of buying it or cooking it. Put foods in the fridge within 1 hour if it is 90°F or hotter outside.

–Thaw or marinate food in the fridge

–You can also thaw in the microwave or under cold water

