

Food Safety at Home

Eating spoiled food can make you sick. Food can be spoiled even if it looks and smells all right.

Germs cause food to go bad. You can't see, smell, or feel germs. It takes one to three days to get sick from eating spoiled food. If you get sick, get help. Call your doctor or your local health department.

There are four easy ways to keep food from going bad:

- Clean
- Keep apart
- Cook
- Chill

Clean: Wash hands and counters often

Germs can spread in the kitchen. They can get onto cutting boards, counters, sponges, forks, spoons, and knives. Here's how to fight germs:

- **Wash your hands with hot, soapy water.** Do this before touching food. Do it after using the bathroom, changing diapers, or touching pets.
- **Wash your cutting boards, counters, dishes, forks, spoons, and knives.** Use hot, soapy water. Do this after working with each food item.
- **Use plastic cutting boards.** Do not use wood cutting boards. It is easier for germs to hide in wood. Wash all boards in hot, soapy water after use. Boards can go into the dishwasher too.

- **Use paper towels to clean up kitchen counters and tables.** If you use cloth towels, wash them often in the hot cycle of the washing machine or in hot soapy water.

Keep apart: Keep raw foods to themselves

Germs can spread from one food product to another.

- Keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep these foods away from each other in your shopping cart and in your fridge.
- Use a special cutting board for raw meat only.
- Wash your hands after touching raw meat, poultry, or seafood. Wash cutting boards, dishes, forks, spoons, and knives that touch these foods. Use hot, soapy water.
- When you use a plate for raw meat, poultry, or seafood, don't put any other food on it until you wash it.

Cook: Make sure food is very hot

Foods need to get hot and stay hot when you cook them. Heat kills germs.

- Use a clean cooking thermometer. This handy tool tells you how hot a food gets inside. It helps you to know when foods are cooked all the way. Use it for meat, poultry, and other foods.



OVER

Food Safety at Home

- Cook roasts and steaks to at least 145 degrees Fahrenheit/63 degrees Celsius. Whole poultry should reach 180 degrees Fahrenheit/82 degrees Celsius.
- Cook ground beef to at least 160 degrees Fahrenheit/71 degrees Celsius.
- Cook eggs until the yolks and whites are firm. Don't use recipes in which eggs remain raw or are partly cooked.
- Cooked fish should flake easily with a fork.
- Be careful if you use a microwave oven. Make sure that the food has no cold spots. Cold spots let germs live. Cover the food and stir it for even cooking. Rotate the dish once or twice while cooking.
- Bring sauces, soups, and gravies to a boil when you reheat them. Heat other leftovers well, too. Leftovers should reach 165 degrees Fahrenheit/74 degrees Celsius.

Chill: Put food in the fridge right away

Set your fridge to 40 degrees Fahrenheit/4 degrees Celsius or colder. The cold helps slow the growth of germs in food. The freezer unit should read 0 degrees Fahrenheit/-18 degrees Celsius. Check the readings once a month with a fridge thermometer.

- Put all cooked food and leftover food in the fridge or freezer within two hours.
- **Never thaw food by simply taking it out of the fridge! There are three safe ways to thaw food:**
 - In the **fridge**
 - Under **cold running water**
 - In the **microwave**
- Marinate foods in the fridge.
- Divide large amounts of leftovers. Put them into small, shallow dishes with covers. That way, they can cool quickly in the fridge.
- Don't pack the fridge too full. The cool air must flow freely to keep food safe.

FDA Office of Women's Health <http://www.fda.gov/womens>

To Learn More:

**Food and Drug Administration (FDA)
Food Information Hotline**
Phone: 1-888-SAFEFOOD (1-888-723-3366)

**U.S. Department of Agriculture (USDA)
Meat and Poultry Hotline**
Phone: 1-800-535-4555

Partnership for Food Safety Education
<http://www.fightbac.org>
<http://www.foodsafety.gov>

Restaurant and Take-Out Safety

These days, many people eat out or take home ready-made meals. Eating in a restaurant, cafeteria, or a fast-food place can be safe and fun. But you should take steps to be sure your food is safe. Follow these simple rules for food safety.

If you leave food out for more than two hours, throw it away. Germs that make food go bad can grow if you don't keep food at the right temperature. Store food in the fridge or freezer or in the oven/stove.

- Keep hot foods in the oven/stove at **145 degrees Fahrenheit/63 degrees Celsius** or higher.
- Keep cold foods at **40 degrees Fahrenheit/4 degrees Celsius** or lower in the fridge or freezer.

What are the safety rules for hot food?

When you buy hot cooked food, eat it within two hours or keep it heating in the oven at 165 degrees Fahrenheit/74 degrees Celsius or higher. That will keep germs from growing.

What are the safety rules for cold food?

Cold food should also be eaten within two hours or put in the fridge or freezer for later.

How should I reheat a meal?

Follow these rules for meals you buy hot or cold.

- Heat food until it is hot and steaming (at least to 165 degrees Fahrenheit/74 degrees Celsius).
- Bring gravy to a rolling boil.
- When reheating food in a microwave, cover the food and stir it for even cooking. Turn the dish by hand once or twice while cooking. Cold spots let germs live and can make you sick.

What if I'm eating at a restaurant?

- **See if a restaurant looks clean before you even sit down.** If the restaurant does not look clean to you, you should eat somewhere else.
- **Always order your food fully cooked, especially meat, poultry, fish, and eggs.** That's what kills germs. When your hot meal comes, make sure it's very hot and thoroughly cooked before you eat it. If it's not, send it back.
- **Don't eat eggs that are raw or not fully cooked.** These can hide in Caesar salads, custards, and some sauces.
- **Don't eat raw oysters.**



Restaurant and Take-Out Safety



What about the doggie bag?

Be careful with leftovers. Will you get home within two hours after your meal? If not, leave the leftovers behind.

Your car can get very warm inside. Germs can grow fast. It is best to take your food home right away. That way, your leftovers can go safely into the fridge.

A good rule to follow is: when in doubt, throw it out!

FDA Office of Women's Health <http://www.fda.gov/womens>

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