



# FOOD SAFETY BASICS

This food safety guide covers essential practices for handling, cooking, and storing food to prevent illnesses. It explains handwashing, separation of raw foods, proper cooking temperatures, refrigeration, and the dangers of the temperature danger zone. Additionally, it offers insights into storing leftovers safely and quick tips for maintaining a healthy kitchen environment.

## Storing Leftovers

- Refrigerate leftovers within 2 hours
- Use shallow containers to store leftovers, allowing them to cool quickly in the fridge.
- When reheating, ensure that the temperature is 165 degrees Fahrenheit or higher.
- If not consuming in a few days, freeze leftovers at 0 degrees Fahrenheit or below.



## Quick Tips

- When in doubt, throw it out.
- Consider dietary restrictions and allergies when planning and preparing meals.
- Choose reputable sources for ingredients.



## Food Safety



- **Clean Hands Thoroughly**
- **Separate raw meats** from ready-to-eat foods
- Cook foods to **safe internal temperatures**
- **Refrigerate** perishable foods within 2 hours
- **Avoid raw & undercooked eggs**

## Stay Safe

Prioritize safety by practicing good hygiene, handle food properly, and store leftovers with care.



## The Danger Zone

- Temperature matters: bacteria multiplies fastest between 40 degrees and 140 degrees Fahrenheit.
- Store perishables in the refrigerator at 40 degrees Fahrenheit.
- Keep cooked foods hot at 140 degrees Fahrenheit or higher.



**SAFE MINIMUM INTERNAL TEMPERATURES** as measured with a food thermometer

Food Type	Internal Temperature
<b>Beef, Pork, Veal, and Lamb</b> (chops, roasts, steaks)	145°F with a 3-minute rest time
<b>Ground Meat</b>	160°F
<b>Ham, uncooked</b> (fresh or smoked)	145°F with a 3-minute rest time
<b>Ham, fully cooked</b> (to reheat)	140°F
<b>Poultry</b> (ground, parts, whole, and stuffing)	165°F
<b>Eggs</b>	Cook until yolk & white are firm
<b>Egg Dishes</b>	160°F
<b>Fin Fish</b>	145°F or flesh is opaque & separates easily with fork
<b>Shrimp, Lobster, and Crabs</b>	Flesh pearly & opaque
<b>Clams, Oysters, and Mussels</b>	Shells open during cooking
<b>Scallops</b>	Flesh is milky white or opaque and firm
<b>Leftovers and Casseroles</b>	165°F

