

Ways to Reduce the Risk of Foodborne Illness

Handwashing

- ◆ Wash hands with soap and warm water before eating, drinking or handling food.
- ◆ Wash hands after using the bathroom; handling raw meat, poultry, or fish; handling pets; and changing diapers.

Avoiding Cross-Contamination

- ◆ Keep surfaces and utensils in the kitchen clean.
- ◆ Keep raw meat, poultry, and fish separated from other food during storage and preparation.
- ◆ Wash anything that comes in contact with raw meat, poultry, and fish before using it again for another food or for cooked food.

Observing Time and Temperature Guidelines

- ◆ Cook meat to an internal temperature of 165° F, and poultry to 170° F.
- ◆ All leftover cooked food should be reheated to 165° F.
- ◆ Keep hot food at temperatures above 140° F and cold food below 40° F.
- ◆ Do not leave perishable food at room temperature for more than two hours.
- ◆ Thaw frozen food in the refrigerator or microwave.
- ◆ Do not eat cooked eggs that are runny or food that contains raw eggs.