Before eating, wash your hands with soap and running water for at least 20 seconds. Count to 20 slowly or sing the “Happy Birthday” song to yourself twice.

Rinse fruits and veggies under running water. Slicing or dicing? Scrub ‘em anyway—germs can jump from rinds to the insides during cutting and peeling.

Wash cutting boards, knives, and other cooking utensils in hot, soapy water or the dishwasher after each use.

Wash countertops, cooking surfaces, and insides of the refrigerator, freezer, and microwave frequently with hot, soapy water.

Wash food packaging, especially lids of cans and jars, before opening.

Wash cutting boards, knives, and other cooking utensils in hot, soapy water or the dishwasher after each use.

Find more Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill at www.fda.gov/food
Storing eggs on the fridge door can expose them to uneven temperatures. Keep them on lower shelves instead, in their original carton.

When grilling, barbecuing, or cooking meat, use different plates for raw and cooked meat.

Place raw meats in sealed containers or plastic wrap on lower shelves of the fridge or freezer.

Storing eggs on the fridge door can expose them to uneven temperatures. Keep them on lower shelves instead, in their original carton.

Raw meat, poultry, seafood, eggs, and flour should never come into contact with produce or any food that is ready-to-eat—keep them separate while shopping, storing, and cooking.

If you can, use a separate set of cooking tools for raw meat, poultry, seafood, eggs, and flour. If you can’t, wash them thoroughly in hot, soapy water between cooking with produce and cooking with meats, eggs, or flour.

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STEP 3: COOK

FOOD SAFETY QUICK TIPS

Heat it before you eat it
Use a food thermometer to check that your food has reached a safe temperature.
- 145 °F for seafood
- 145 °F with a 3-minute rest time for beef, pork, and ham
- 160 °F for ground meat, meat mixtures, and egg dishes
- 165 °F for poultry, microwaved foods, and reheated leftovers

Turn the tables
When microwaving, make sure to rotate food to allow for even heating. Always follow directions for cooking and standing time.

Dish it out
When eating at restaurants, avoid foods that contain raw or undercooked egg, meat, poultry, or seafood. Ask the server if you aren’t sure.

Doughs are don’ts
Eggs and flour are not safe to eat unless fully cooked.

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STEP 4: CHILL

**Check the App**
USDA FoodKeeper can tell you how long foods and drinks are safe to keep in the refrigerator or freezer.

**Shop, and don’t stop**
At the grocery store, pick up perishable foods last and take them straight home.

**Let it breathe**
Leave space for air to circulate between containers in your fridge and freezer.

**Stay chill**
If bringing cold foods on-the-go, pack them with ice in an insulated container.

**Keep your cool**
Chill groceries, leftovers, and food delivery items within 2 hours, or 1 hour if exposed to temperatures above 90 °F. Use an appliance thermometer to set fridge to 40 °F or below and freezer at 0 °F or below.

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EVERYDAY FOOD SAFETY

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