

Tips for Safe Food Handling and Storage

Safe Food Handling and Storage

Safe food handling and storage is important for keeping you and your family safe from food-borne illness. Keep the following tips in mind as you handle, prepare and store your food.

- Wash your hands, counter tops, utensils and cutting boards with warm, soapy water. Wash anything that comes in contact with raw meat, poultry, seafood, eggs or unwashed fresh produce.
- Wash your hands before and after handling foods and after using the bathroom, changing diapers or handling pets.
- Wash fruits and vegetables under running water before eating.
- Clean up spills in your refrigerator right away. Throw away expired foods and leftovers that are not going to be eaten.
- Keep raw meat, poultry and seafood separate from other items in your shopping cart and refrigerator.
- Use one cutting board for raw meats and another one for fresh fruits and vegetables.
- Put uncooked meat, poultry or seafood in sealed containers or plastic bags when storing in the refrigerator. Place on separate plates when raw and when cooked.



Visit befoodsafe.org for more information about safe food handling and storage.

- Cook all foods well and use a clean thermometer to ensure proper temperatures. Cook foods to the following temperatures:
 - **Chicken and turkey:** 165 F
 - **Casseroles and leftovers:** 165 F
 - **Ground meats:** 160 F
 - **Eggs:** 160 F
(or until yolks and whites are firm)
 - **Beef, pork, veal and lamb:** 145 F
 - **Fish and shellfish:** 145 F
 - **Ham (uncooked):** 145 F
 - **Ham (fully cooked):** 140 F

(over)

- Use a refrigerator thermometer to make sure the refrigerator always stays at 40 F or colder. This will help prevent food-borne illness.
- Refrigerate food quickly. Cold temperatures keep most harmful bacteria from multiplying.
- Never thaw foods at room temperature.

For More Information

If you would like more information about safe food handling and storage, visit befoodsafe.org. or ask your primary care provider for a referral to meet with a dietitian.