

# SAFE FOOD HANDLING GUIDELINES



## Hand Washing

- Wash hands with soap and water for 20 seconds. Be sure to do this before starting the recipe and after each touch of raw meats, poultry, seafood, or eggs.



## Produce and Canned Foods

- Separate clusters (such as grapes) and leaves of leafy greens (such as lettuce) before rinsing.
- Gently rub produce under cold running water.
- Scrub firm produce with a clean vegetable brush under running water.
- Rinse the tops of cans before opening them.



## Cross-contamination

- Wash cutting board, counter, utensils, and serving plate after touching raw meats, poultry, seafood, or eggs.
- Do not reuse marinades used on raw foods.
- Do not rinse raw poultry or meat.



## Handling Perishable Foods

- To keep hot foods safe, keep them at 140 °F (degrees Fahrenheit) or above. Cold foods must be kept at 40 °F or below. Bacteria grow rapidly between 40 °F and 140 °F. Discard all perishable foods such as meat, poultry, seafood, eggs, and casseroles left at room temperature longer than 2 hours. Discard if left longer than 1 hour in temperatures above 90 °F.

## Internal Temperatures for Safe Cooking

- Use a food thermometer to measure the internal temperatures of food.

Meat Product	Temperature
All cooked leftovers (reheated)	165 °F
Poultry (whole bird)	165 °F
Poultry (breast, thigh, wing)	165 °F
Ground poultry	165 °F
Ground meat (beef, veal, pork, lamb)	160 °F
Egg dishes	160 °F
Fish and shellfish	145 °F
*Whole cuts of beef, veal, pork, ham, or lamb	145 °F

\*Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145 °F, then allow the meat to rest for 3 minutes before carving or eating.

Adapted from <https://www.saferecipeguide.org>