

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

4 Tips to Keep Food Safe

Keeping food safe for you and your family can be easy if you stick to these 4 tips:

1. Wash
2. Separate
3. Cook
4. Refrigerate

Wash

Keep your hands, cooking area, and tools clean:

- Before you prepare food, eat, or feed you kids, wash your hands with soap and warm water for 20 seconds. An easy way to count 20 seconds is to sing “Happy Birthday” twice.
- Remember to wash hands after handling raw meat, poultry, fish or eggs.
- Clean counter tops, cutting boards and utensils after each use with hot, soapy water.
- Wash dishcloths and towels often in the hot cycle of a washing machine.

Separate

It is important to keep certain foods separate:

- Use two cutting boards. One for fruits, vegetables and ready-to-eat foods and a different cutting board for meat, poultry and fish.
- Use separate plates and cooking tools for cooked and raw food or wash between uses.
- Use plastic bags to keep meat, poultry and fish juices away from other foods when you



When is it done?!



Food	Food Temperature	Rest time (after cooking)
Ground beef and pork	160°	None
Fresh beef or pork, steaks, roasts or chops	145°	3 minutes
Chicken and turkey, whole, parts or ground	165°	None
Fresh ham (raw)	145°	3 minutes
Precooked ham (reheat)	140°*	None
Leftovers and casseroles	165°	None
Egg dishes	160°	None

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are grocery shopping. At home, store on the bottom shelf of refrigerator in a sealed container or plastic bag.

- Store eggs in the original carton in your refrigerator, not in the door.

Cook¹

It is important to cook foods to the right temperature:

- Use a food thermometer. You can't tell when a food is "done" by checking color.
- Keep your food thermometer clean. Wash in hot, soapy water after each use.

Refrigerate²

Refrigerate food as soon as possible:

- Refrigerators should be set to a temperature below 40 F.
- Freezers should be set at 0 F or below
- Don't over stuff your refrigerator. Allow air to circulate to keep food chilled.
- Once cooked, store leftovers in small containers and refrigerate within two hours. In hot weather, refrigerate leftovers within one hour.
- Thaw frozen foods in the refrigerator or in the microwave, not on the countertop!
- Raw meats should be stored in a covered container or plastic bag. Place below other foods so juices do not drip on them.

Adapted from www.foodsafety.gov and www.homefoodsafety.org.

For more tips, visit www.kidseatright.org.

How long will it last?²

Food	Refrigerator (40° or below)	Freezer (0°)
Prepared Salads (deli salads)	3–5 days	do not freeze
Hot dogs, opened package	1 week	1–2 months
Lunch meat-opened package	3–5 days	1–2 months
Hamburger and other ground meats	1–2 days	3–4 months
Fresh beef (steaks) and pork	3–5 days	4–12 months
Chicken and turkey	1–2 days	9 months
Soups and stews with meat	3–4 days	2–3 months
Leftovers	3–4 days	1–6 months

Sources

1. www.foodsafety.gov accessed 4-10-14.
2. www.fda.gov/forconsumers/consumerupdates/ucm093704.htm accessed 4-10-14.

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