Nutrition To Go

How to Keep Food Safe!

4 basic steps to prepare foods safely when cooking at home:

1. Clean:

- Wash your hands and countertop with hot soapy water and make sure your utensils are clean before you start to prepare food.

- Make sure to clean the lids of cans before opening.

- Rinse fruits and vegetables under running water, but do not use soap or detergent.

- Do not rinse raw meat or poultry before cooking because you might spread bacteria.

- Keep your refrigerator clean, especially the vegetable and meat bins.

2. Separate:

- To avoid dripping on fruits and vegetables, put raw meat, poultry, seafood, and eggs below other food in your refrigerator.

- Use a different knife and cutting board for fresh produce and another for raw meat, poultry, and seafood.

- When done, wash your utensils and cutting board in hot soapy water or the dishwasher and clean both the counter and your hands.

3. Cook:
Use a food thermometer to measure the internal temperature of cooked foods. The next page gives the correct cooked temperatures for foods.

4. Chill:

- Keeping foods cold can slow bacteria from growing. Your refrigerator should always be 40°F or below. The freezer should be at 0°F or below. Check that they are at the correct temperature by putting a thermometer in the refrigerator/freezer.

- After shopping, put food in the refrigerator within 2 hours. If the outside temperature is over 90°F, refrigerate within 1 hour.

- Put leftovers in a clean, small container that is covered and dated. Use or freeze leftovers within 3 to 4 days.

Food Safe Cooking Temperatures:

Ground Meat & Meat Mixtures

Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

Fresh Beef, Veal, Lamb

Medium Rare	145°F
Medium	160°F
Well Done	170°F

Poultry

Whole Chicken & Turkey	165°F
Poultry (breasts, thighs)	165°F

Fresh Pork

Medium	160°F
Well Done	170°F

Ham

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

Eggs & Egg Dishes

Eggs	Cook until firm
Egg Dishes	160°F

Seafood

Fin Fish	145°F
Leftovers & Casseroles	165°F

Tips for Smart Storage:

- √ Store food properly - if label says "refrigerate after opening," follow label to be food safe
- √ Store canned and packaged items in a cool place
- √ Always check the expiration date on the label
- √ Try to use refrigerated leftovers within 3 or 4 days to reduce your risk of food poisoning

Avoid getting sick from your food

Food can become unsafe for many reasons. It might get spoiled by germs like bacteria, viruses, or fungi-like molds. These may already be in the food or they could be added to the food during unsafe food preparation. In either case, the food might look fine, but could make you very sick. As you age, it is more important to keep food safe because it is harder for you to fight off these bacteria and viruses.

Changing Taste and Smell

As you age, your sense of taste and smell might change. Medication might also change how you taste foods. If you cannot taste or smell when your food is spoiled, be extra careful about how you handle your food.

When in Doubt, Throw it out!

Call Our Toll-Free Line for More Information
1-877-366-3874