

DANGER ZONE (41°F - 140°F)

Bacteria grows most rapidly in temperatures between 41°F and 140°F.

Raw meat and poultry should be cooked to the internal temperatures listed below to help prevent foodborne illnesses.

Use a food thermometer every time to ensure food is cooked to the proper internal temperatures:

Fish: 145°F

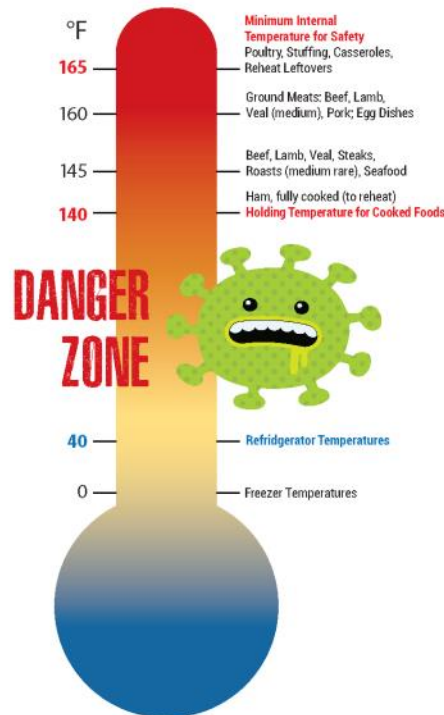
Ground Meat: 160°F

Beef and Pork: 145°F

Eggs: Until yolks and whites are firm. Casseroles containing eggs should be cooked to at least 160°F.

Poultry: 165°F

Leftovers:
Reheated to 165°F



Bacteria can be reintroduced to food after it is safely cooked. For this reason, leftovers should be put in shallow containers for quick cooling and refrigerated at 40°F or below within two hours.

Leftover and Storage Tips:

- Cool leftovers properly by dividing food into shallow containers.
- Always cover, wrap and date leftover food.
- Don't keep leftovers for longer than seven days.
- Do not use leftover raw meat marinade on prepared food.
- Defrost food in the refrigerator, microwave or under cold running water. NEVER leave food on the counter to defrost!
- Always marinate meat or seafood in the refrigerator.
- Purchase cold food last and place in a cooler to transport it home. Go directly home to properly refrigerate or freeze.
- Don't overfill your refrigerator to allow for ventilation.

REMEMBER: You cannot see, smell or taste the bacteria that can cause food poisoning, so



WHEN IN DOUBT, THROW IT OUT!

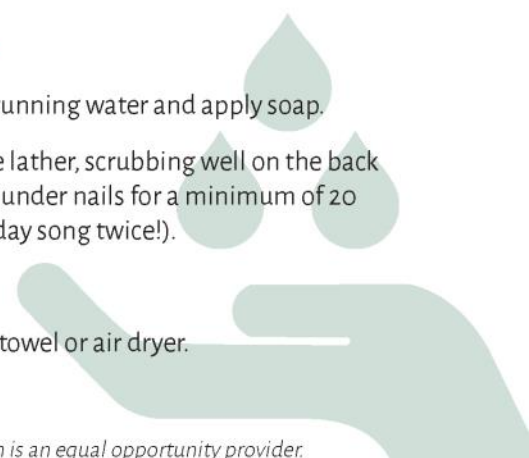
Hand Washing 101:

WET hands with clean, warm running water and apply soap.

RUB them together to produce lather, scrubbing well on the back of hands, between fingers and under nails for a minimum of 20 seconds (sing the Happy Birthday song twice!).

RINSE under running water.

DRY with a clean towel, paper towel or air dryer.



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