Fight harmful BAC(teria) at Home!

Make the meals and snacks from your kitchen as safe as possible. **CLEAN:** wash hands and surfaces often; **SEPARATE:** don't cross-contaminate; **COOK:** to safe internal temperatures; and **CHILL:** refrigerate promptly. Follow these food safety steps when cooking at home to keep your family safe from food poisoning!

ADDITIONAL RESOURCES

FoodSafety.gov is the gateway to food safety information provided by government agencies.

USDA Meat & Poultry Hotline:
1-888-MPHotline (1-888-674-6854)

FDA Food Information Line:
1-888-SAFEFOOD (1-888-723-3366)

The Partnership for Food Safety Education develops and promotes effective education programs to reduce food poisoning risk for families.

Downloadable brochures, fact sheets and kids' activities are available for free at **www.fightbac.org.**

Partnership for Food Safety Education

Apply the heat... and Fight BAC!®

Cooking food to the safe internal temperature kills harmful bacteria. So Fight BAC!® by thoroughly cooking your food as follows:

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer	
Beef, pork, veal and lamb (roast, steaks and chops)	**145°F** with a three-minute "rest time" after removal from the heat source
Ground meats	**160°F**
Poultry (whole, parts or ground)	**165°F**
Eggs and egg dishes	**160°F**, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	**165°F**
Finfish	**145°F**
GUIDELINES FOR SEAFOOD	
Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

Fight BAC!

Fight Foodborne Bacteria

Four Simple Steps to Food Safety

www.fightbac.org

Foodborne bacteria could make you and those you care about sick. In fact, even though you can't see, smell or taste harmful bacteria, it could have already invaded the food you eat. But you have the power to Fight BAC!®

Food poisoning can strike anyone. Some people are at a higher risk for developing serious foodborne illness, including pregnant women, young children, older adults and people with weakened immune systems. For these people, the following four simple steps are very important.

CLEAN

Wash hands and surfaces often. Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, countertops, and food. To help prevent food poisoning, always use food safety practices.

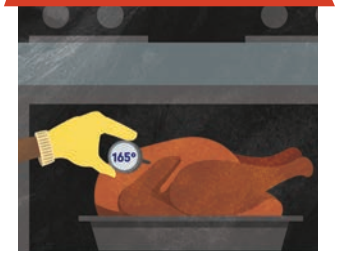
- Wash your hands with soap and warm water for 20 seconds before and after handling food as well as after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and countertops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Scrub firm-skinned fruits and vegetables with a clean vegetable brush under running water.

SEPARATE

Don't cross-contaminate. Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene: wash hands with soap and warm water, and wash cutting boards, dishes, countertops and utensils with hot soapy water.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

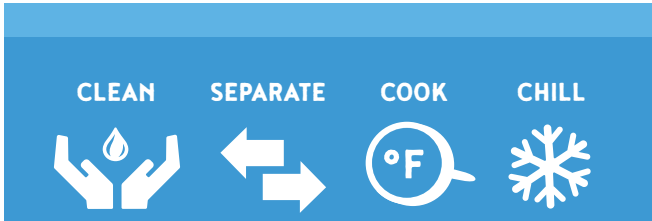
COOK



Cook to safe temperatures. Food is cooked safely when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. Refer to the chart on the back of this brochure for the proper internal temperatures.

- Use a food thermometer to measure the internal temperature of cooked foods. Make sure meat, poultry, egg dishes, casseroles and other foods are cooked to the internal temperature shown in the chart on the back of this brochure.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when it reaches the safe internal temperature as measured with a food thermometer.
- Bring sauces, soups and gravy to a boil when reheating.

CHILL

Refrigerate promptly. Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40 °F or below is one of the most effective ways to reduce the risk of food poisoning. Use an appliance thermometer to be sure the temperature is consistently 40 °F or below. The freezer temperature should be 0 °F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis.