

COOK

Cooking raw meat, poultry, seafood, and eggs to the proper temperature kills bacteria and viruses that can make you sick. Use a thermometer to check your temperatures.



COOKING TEMPERATURES

Cook these foods to the listed minimal temperatures.



Raw Poultry = 165°F



Raw Ground Meat = 155°F



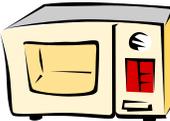
Raw Eggs = 155°F



Raw Seafood = 145°F



Raw Whole Meat = 145°F



Any food cooked in a microwave should be cooked to **165°F**

KEEP IT HOT

After cooking food to the proper temperature, keep it hot at **135°F** until eaten.



CHILL

Illness causing bacteria can grow if perishable food is not held at proper refrigeration temperature. You always want to keep your perishable items at a safe cold temperature.

KEEP IT COLD

Keep your refrigerator between **32°F and 40°F**. Your freezer should be below **0°F**.



THAW FOOD PROPERLY

Never thaw food at room temperature because it allows bacteria to rapidly grow. Thaw foods in one of the following ways:

- Place frozen food in the refrigerator a day before you need it.
- Place packaged frozen food under cold running water until thawed.
- Thaw in the microwave and cook immediately.

COOL HOT FOODS QUICKLY

You want to cool a hot food to a cold temperature within **TWO** hours. You can do this by placing the hot food into your refrigerator in a shallow metal pan, if possible, uncovered. Stir the food while cooling if possible. Use a thermometer to make sure the food reaches **40°F** or lower within two hours.



FOOD SAFETY IN THE HOME



Scan to learn more about food safety in the home and take a short survey

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The Centers for Disease Control and Prevention estimates that 48 million people suffer from a foodborne illness each year. Of those, 128,000 people are hospitalized and 3,000 die.

Foodborne illness also has an economical impact. The Economic Research Service and United States Department of Agriculture estimate the cost of foodborne illness to be \$6.9 billion each year. This cost is related to medical expenses, lost productivity, and death.



Avoiding a foodborne illness can be simple if you follow a few safe food handling practices in your home. When preparing food, you want to always use these four food handling methods:

- CLEAN**
- SEPARATE**
- COOK**
- CHILL**

CLEAN

Bacteria and viruses that cause illness can survive in many places. They can be found on kitchen utensils, cutting boards, counters, and your hands. Proper cleaning can stop the spread of these bacteria and viruses and protect your family from getting ill.

HANDWASHING



Scrub hands with soap and warm running water for 20 seconds, rinse and dry with a disposable paper towel before starting any food preparation or when they become dirty.

WASH SURFACES



Wash dishes, utensils, countertops or any other surface that touches food with hot soapy water before making each food item and going on to the next item.

WASH FRUIT AND VEGGIES



Rinse the outside of fruits and vegetables with plain water to help remove illness causing bacteria before cutting or cooking. Do not wash raw meat, poultry, seafood or eggs because their juices may splash on to other surfaces and contaminate them.

SEPARATE

Raw meats, poultry, seafood and eggs can spread bacteria and viruses to food that does not get cooked. This is called cross contamination. The proper handling and separation of these foods can help prevent cross contamination.

USE SEPARATE CUTTING BOARDS & UTENSILS



Use separate cutting boards and utensils for produce and for meat, poultry, seafood and eggs. Placing a food, on a surface where raw animal items were can lead to illness causing bacteria getting onto this food.

STORE FOOD PROPERLY



Bacteria in your refrigerator can spread if juices from raw meat, poultry, and seafood drip onto food that does not get cooked. Put raw meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping onto other food items.

