FOOD SAFETY QUICK TIPS

STEP 1: CLEAN

Lather up
Before eating, wash your hands with soap and running water for at least 20 seconds. Count to 20 slowly or sing the "Happy Birthday" song to yourself twice.

Eat clean
Rinse fruits and veggies under running water. Slicing or dicing? Scrub ‘em anyway—germs can jump from rinds to the insides during cutting and peeling.

Create a safe cooking space
Wash countertops, cooking surfaces, and insides of the refrigerator, freezer, and microwave frequently with hot, soapy water.

Clean it before you crack it open
Wash food packaging, especially lids of cans and jars, before opening.

Rules for tools
Wash cutting boards, knives, and other cooking utensils in hot, soapy water or the dishwasher after each use.

Find more Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill at www.fda.gov/food
STEP 2: SEPARATE

**No touching**
Raw meat, poultry, seafood, eggs, and flour should never come in contact with produce or any food that is ready-to-eat—keep them separate while shopping, storing, and cooking.

**Put a lid on it**
Place raw meats in sealed containers or plastic wrap on lower shelves of the fridge or freezer.

**No yolk ing around**
Storing eggs on the fridge door can expose them to uneven temperatures. Keep them on lower shelves instead, in their original carton.

**Double up**
If you can, use a separate set of cooking tools for raw meat, poultry, seafood, eggs, and flour. If you can’t, wash them thoroughly in hot, soapy water between cooking with produce and cooking with meats, eggs, or flour.

**Serve it safely**
When grilling, barbecuing, or cooking meat, use different plates for raw and cooked meat.

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**EVERYDAY FOOD SAFETY**

July 2018
**STEP 3: COOK**

**FOOD SAFETY QUICK TIPS**

**Heat it before you eat it**
Use a food thermometer to check that your food has reached a safe temperature.
- 145 °F for seafood
- 145 °F with a 3-minute rest time for beef, pork, and ham
- 160 °F for ground meat, meat mixtures, and egg dishes
- 165 °F for poultry, microwaved foods, and reheated leftovers

**Turn the tables**
When microwaving, make sure to rotate food to allow for even heating. Always follow directions for cooking and standing time.

**Dish it out**
When eating at restaurants, avoid foods that contain raw or undercooked egg, meat, poultry, or seafood. Ask the server if you aren’t sure.

**Don’ts**
Eggs and flour are not safe to eat unless fully cooked.

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**STEP 4: CHILL**

**Check the App**
USDA FoodKeeper can tell you how long foods and drinks are safe to keep in the refrigerator or freezer.

**Shop, and don’t stop**
At the grocery store, pick up perishable foods last and take them straight home.

**Keep your cool**
Chill groceries, leftovers, and food delivery items within 2 hours, or 1 hour if exposed to temperatures above 90 °F. Use an appliance thermometer to set fridge to 40 °F or below and freezer at 0 °F or below.

**Let it breathe**
Leave space for air to circulate between containers in your fridge and freezer.

**Stay chill**
If bringing cold foods on-the-go, pack them with ice in an insulated container.

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