

THE FACTS OF FOOD SAFETY

To keep your family safe over the holiday season and throughout the new year, follow the food safety guidelines below.

- Always wash hands thoroughly with soap and warm running water for at least 20 seconds before preparing or handling food
- Keep raw meats and ready-to-eat foods separate
- Cook foods to the proper temperature (check the center of the meat/food with a thermometer)
 - Leftovers should be reheated to 165° F
 - Ground beef, pork & egg dishes should be heated to 160° F
 - Steaks, roasts, & fish should reach an internal temperature of 145°F
 - Chicken breasts & whole poultry (turkey) should reach 165° F
- Keep cold foods cold and hot foods hot
 - The temperature danger zone is between 40° and 140° F
 - If your food stays in the danger zone, bacteria grows quickly
- Refrigerate all leftovers within 2 hours or sooner and eat within 5 days
- Keep your refrigerator temperature below 40° F