FOOD SAFETY...

While Grocery Shopping:

- Purchase refrigerated or frozen items after selecting your non-perishable items like fruits, vegetables, and grains.
- Inspect all packaging for tears or leaks before purchasing.
- Do not buy or eat foods past their expiration dates.

For Storage:

- Refrigerators should be at 40*F or below. Freezers should be at 0*F or below.
- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days.
- Cook or freeze beef, veal, lamb, or pork within 3-5 days.
- Wrap meat and poultry securely so no juices run onto other foods.
- Store meats below fresh fruits and vegetables to prevent contamination.
- Discard dented, rusted, or swollen cans.

When Thawing Foods:

- Do not leave foods on the counter to thaw; properly thaw frozen foods in the refrigerator, under cold running water, or in the microwave.
- Cook food immediately after thawing.

When Preparing Foods:

- Always wash your hands before and after handling foods.
- Prevent cross-contamination by separating raw meats from other foods.
- Wash cutting boards, knives, and counters after cutting raw meats, poultry, or fish
- Cover marinating meat in the refrigerator

While Cooking:

- Check all meats with a thermometer before removing from their cooking source.
- Beef, pork, lamb, and veal should be cooked to an internal temperature of 145*F or higher.
- Ground meats should be cooked to an internal temperature of 160*F or higher.
- Poultry should be cooked to an internal temperature of 165*F or higher.

While Serving:

- Hot foods should be held at 140*F or higher.
- Cold foods should be held at 40*F or lower.
- Foods should not be left out for longer than 2 hours.

For Leftovers:

- Do not save any food left out at room temperature for more than 2 hours.
- Use any leftovers within 4 days, and reheat to 165*F or higher.