

## Practice Good Food Safety at Home

Food safety at home means more than just washing your hands before you eat. Being wise when you handle and store food before cooking, cooking food properly, holding food at the correct temperature and eating it within the prescribed time can significantly reduce your risk of food poisoning, so follow these four easy steps:

1. Wash Hands Regularly using soap and water and scrubbing hands, fingers and nails for at least 20 seconds with soap before rinsing.
2. Keep foods separated in storage and during preparation – Especially raw meats, vegetables, eggs, dairy and ready to eat foods.
3. Cook foods to the proper temperatures per guidelines or manufacturer's instructions. All foods should be held at 135° F or higher and foods that are being reheated should reach at least 165° F.
4. Refrigerate perishable foods as soon as possible at 41° F or cooler. Perishable foods may not be safe if left out for more than 2 hours.

### **Cleaning Tips:**

- Keep all surfaces (like countertops and cutting boards) and utensils clean by using warm, soapy water after each use.
- Wash all cloths and sponges very often to remove any harmful pathogens.

### **Cooking Temperature Guidelines:**

- The temperatures below are for the most common meats and leftovers.

<b>Food</b>	<b>Type</b>	<b>Internal Temperature (°F)</b>
<b>Raw ground meat and meat mixtures</b>	<b>Beef, Pork, Veal, Lamb</b>	<b>160</b>
	<b>Turkey, Chicken</b>	<b>165</b>
<b>Fresh beef, veal, lamb</b>	<b>Steaks, Roasts, Chops</b>	<b>145</b>
<b>Pork - Precooked</b>	<b>ALL Precooked Pork</b>	<b>165</b>
<b>Poultry</b>	<b>ALL Poultry</b>	<b>165</b>
<b>ALL Leftovers and casseroles</b>	<b>ALL Leftovers and Casseroles</b>	<b>165</b>

We hope you enjoy your meals and we look forward to serving you again soon.

## **STAY HEALTHY, CLEAN, AND SAFE**

**Below are some simple food safety guidelines for your meals.**

- **Wash your hands before eating this meal.**
- **Cold meals should be eaten immediately or refrigerated within 2 hours of receiving the meal. Foods like dairy (milk, cheese, etc.) and meats should be quickly refrigerated at a temperature of 41° F or lower.**
- **Hot meals should be eaten immediately or refrigerated within 2 hours of receiving the meal. Any hot foods should be held at a minimum temperature of 135°F.**
- **Hot foods should be reheated to a minimum temperature of 165°F or higher before eating.**
- **Any leftovers from this meal should be thrown out after 5 days of receiving it! Throw out any meal is left out for 4 hours or longer at room temperature.**
- **Any FROZEN items should be quickly placed into a freezer within 30 mins of receiving the food.**
- **Frozen food should be prepared properly. General guidelines would be to cook all meats and items containing dairy (Ex. Macaroni and Cheese) to 165°F or higher and frozen vegetables to 135°F or higher.**

**We are honored to be able to serve you during this time!**