



STEP 1: CLEAN

FOOD SAFETY QUICK TIPS



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.



Rules for tools

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



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.

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

EVERYDAY FOOD SAFETY



SEPARATE



STEP 2: SEPARATE

FOOD SAFETY QUICK TIPS



No touching

Raw meat, poultry, seafood, eggs, and flour should never come into 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 yolking 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



COOK



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



Doughs are don'ts

Eggs and flour are not safe to eat unless fully cooked.



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.

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EVERYDAY FOOD SAFETY



CHILL



STEP 4: CHILL

FOOD SAFETY QUICK TIPS



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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