



# Basic Food Safety

**Clean-** Keep all areas clean- Wash hands and cooking tools with soap and warm water.

**Separate-** Keep foods separate until cooking

**Cook-** Cook all foods well done- especially meat, fish, poultry, seafood.

**Chill-** Keep refrigerator temp at 40 degrees and freezer at 0 degrees. Refrigerate foods quickly after meals.

**Meat Safety-** Keep all meats wrapped and frozen until day of use. Thaw in refrigerator (**chill**) over night, never on counter. Keep meat prep areas and other **clean** prep areas **separate**. **Cook** all meats well done. When in doubt about safety of food- throw it out. More info at: [askkaren.gov](http://askkaren.gov) or call U.S.D.A. meat and poultry hotline at 1-888-674-6854 or 1-888-mphotline. Keep this info in your kitchen.

**Canned Food Safety-** Be “**Choosey**” when buying cans or glass. No dents, bulging or peeling of outside of can. No cracked jars or loose, bulging lids. Check “use by” dates. Canned goods with acid type contents (tomatoes and fruits) are good about 18 months and all other canned goods can last 2-5 years. Never eat or taste from a can that spurts when opened or smells bad even a small amount can make you very sick. When in doubt- throw it out.

More info can be found at: <http://www.fsis.usda.gov>