

COOKING AT HOME

Food Safety Tips

Prince William Area Agency on Aging



CLEAN HANDS

Wash your hands before AND after preparing food. Lather your hands with soap for at least 20 seconds before rinsing. If you don't want to count to 20, sing the "Happy Birthday" song twice from beginning to end.



WASH SURFACES & FOOD

Use disinfectant wipes or warm soapy water to clean surfaces, cutting boards, and cutlery. DO NOT use soap or sanitizers to clean produce. Wash fruits and vegetables with water only.



PROPER PREP

DO NOT leave food on the counter to thaw. Instead, place frozen food in the refrigerator, under cold water, or in the microwave to prepare for cooking.

SEPARATE FOODS

Have a separate cutting board and cutlery for raw and cooked food. Store raw meat, poultry, and seafood on the bottom shelf of the refrigerator to avoid cross-contamination.



COOK THOROUGHLY

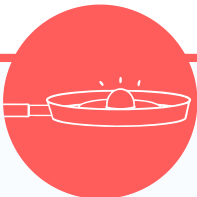
Meat needs to reach a certain temperature before it is safe to eat:

Beef, Pork, Lamb: 145 °F

Fish: 145 °F

Ground Beef, Pork, Lamb: 160 °F

Turkey, Chicken, Duck 165 °F



STORE SAFELY

Refrigerate or freeze food within two hours of cooking or purchasing the items. Do not leave food sitting out unless it is non-perishable.



References:

FDA : <https://www.fda.gov>

USDA: <https://www.fsis.usda.gov>