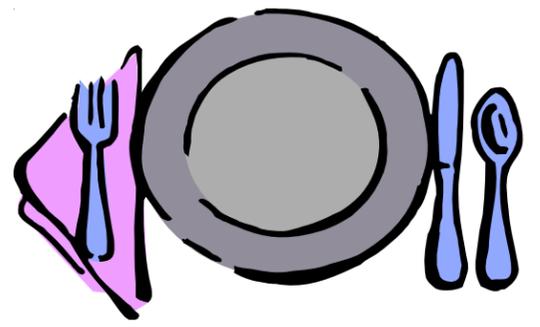


Food Safety Tips



Buying and storing

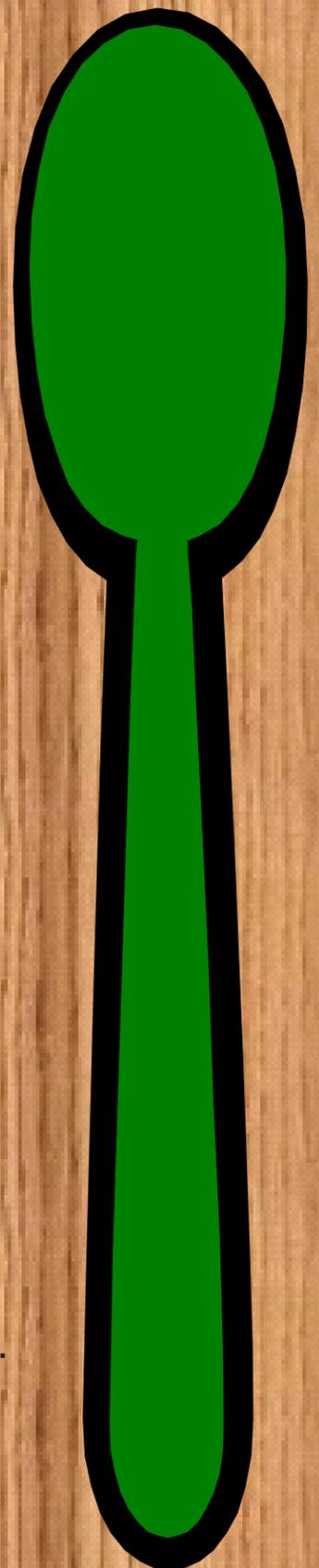
- Put raw, juicy meats and poultry in separate plastic bags so drippings do not contaminate other foods.
- Transport perishable foods inside an air-conditioned car instead of the trunk to maintain their freshness.
- If the ride home is longer than 30 minutes, pack perishables in a cooler with ice.
- For maximum food safety, keep freezer **AT** zero degrees and refrigerator temperature **AT** 40 degrees.

Prepping and cooking

- Make sure all utensils and cutting areas are clean before and after food preparation.
- Wash hands before and after handling raw meats, poultry, or fish to avoid transferring germs.
- Use separate cutting boards for vegetables and meats.
- Keep raw meat, poultry, fish and their juices away from other foods.
- For safe consumption, **cook the following meats TO these temperatures:**
 - Ground meats: **160 degrees**
 - Ground poultry: **165 degrees**
 - Beef, veal, lamb steaks, roasts and chops: **145 degrees**
 - Pork: **160 degrees**
 - Whole poultry and thighs: **180 degrees**
 - Poultry breasts: **170 degrees**

Serving and storing

- Use cold ingredients when preparing foods to be served cold.
- Store all cold foods **AT** 40 degrees or lower.
- Keep all hot foods **AT** 140 degrees or higher.
- If leftovers won't be consumed within three days after cooking, freeze them immediately in sealed containers.
- Reheat any leftover hot foods to 140 degrees or higher before serving.



Tarrant County Public Health

Safeguarding our community's health

<http://health.tarrantcounty.com>