

NOVEMBER

# 4 Steps to Food Safety



CLEAN



SEPARATE



COOK



CHILL



## CLEAN

Wash hands and surfaces often

\*Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, countertops, and food



## SEPARATE

Don't cross-contaminate

\*Cross-contamination happens when bacteria are spread from one food to another. This is common when handling raw meat, poultry, seafood, and eggs. The key is to keep these foods and their juices away from ready-to-eat foods.



## COOK

Cook to safe temperatures

\*Foods are safely cooked when they are heated to the recommended safe minimum internal temperatures.



## CHILL

Refrigerate promptly

\*Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing.<sup>1</sup>

You can't tell by **looking**. Use a **food thermometer** to be sure.

### USDA Recommended Safe Minimum Internal Temperatures



Steaks, Roast  
**145°F**  
with 3-minute rest time



Fish  
**145°F**



Beef, Pork, Veal,  
Lamb-Ground  
**160°F**



Egg Dishes  
**160°F**



Turkey, Chicken  
Whole, Pieces & Ground  
**165°F**

**\*\*When in Doubt – Throw it Out**

<sup>1</sup>USDA United States Department of Agriculture - Food Safety – A Need-to-Know Guide for Those at Risk. <https://nkf.egnyte.com/dl/X7rHhnbpEt>

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