



FOOD SAFETY TIPS

for Grab & Go Meals



Use a food thermometer every time to ensure food is cooked to the proper internal temperatures:

Fish: 145°F

Ground Meat: 160°F

Beef and Pork: 145°F

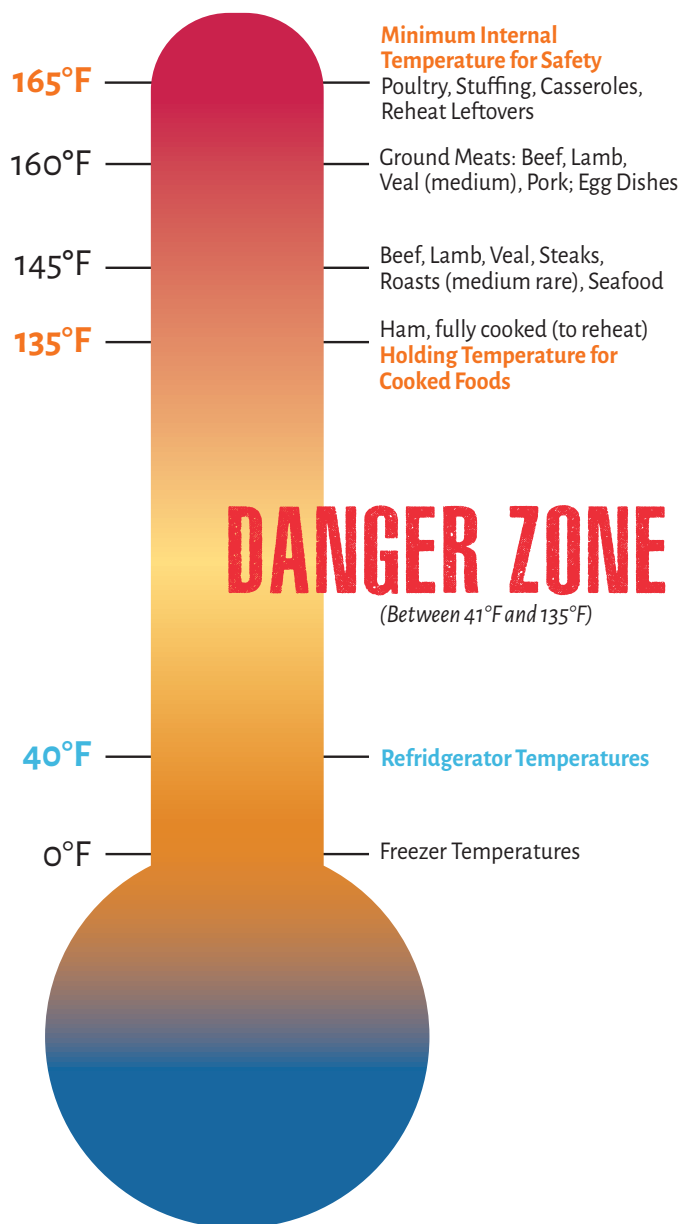
Eggs: Until yolks and whites are firm. Casseroles containing eggs should be cooked to at least 160°F.

Poultry: 165°F

Leftovers: Reheated to 165°F

BACTERIA GROWS MOST RAPIDLY IN TEMPERATURES BETWEEN 41°F AND 135°F

Raw meat and poultry should be cooked to the internal temperatures listed below to help prevent foodborne illnesses.



Bacteria can be reintroduced to food after it is safely cooked. For this reason, leftovers should be put in shallow containers for quick cooling and refrigerated at 40°F or below within two hours.



LEFTOVER AND STORAGE TIPS

- Cool leftovers properly by dividing food into shallow containers.
- Always cover, wrap and date leftover food.
- Don't keep leftovers for longer than seven days.
- Do not use leftover raw meat marinade on prepared food.
- Defrost food in the refrigerator, microwave or under cold running water. NEVER leave food on the counter to defrost!
- Always marinate meat or seafood in the refrigerator.
- Purchase cold food last and place in a cooler to transport it home. Go directly home to properly refrigerate or freeze.
- Don't overfill your refrigerator to allow for ventilation.



HAND WASHING 101

WET hands with clean, warm running water and apply soap.

RUB them together to produce lather, scrubbing well on the back of hands, between fingers and under nails for a minimum of 20 seconds (sing the Happy Birthday song twice!).

RINSE under running water.

DRY with a clean towel, paper towel or air dryer.



Remember:

You cannot see, smell or taste the bacteria that can cause food poisoning, so **WHEN IN DOUBT, THROW IT OUT!**

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