

YOU HAVE THE POWER TO *FIGHT BAC!*

FOLLOW THESE FOUR STEPS:



CLEAN: Wash hands and surfaces often.

Bacteria can spread throughout the kitchen.

- Wash hands with hot soapy water before handling food and after using the bathroom, changing diapers and handling pets.
- Wash cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before going on to the next.
- Use plastic or other non-porous cutting boards. Wash in hot soapy water after use.
- Use clean towels and wash cloths. Wash them in the hot cycle of your washing machine. Consider using paper towels to clean up kitchen surfaces.



SEPARATE: Don't cross-contaminate.



Cross-contamination is how bacteria can be spread from one food product to another.

- Separate raw meat, poultry and seafood from other foods in your shopping cart and refrigerator.
- If possible, use a different cutting board for raw meat products.
- Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry and seafood. Consider using a sanitizing rinse (1 tablespoon bleach to 1 gallon water).
- Never place cooked food on a plate which previously held raw meat, poultry and seafood.



COOK: Cook to proper temperatures.

Foods are properly cooked when heated long enough and hot enough to kill harmful bacteria.

- Use a thermometer to make sure meat, poultry, casseroles and other foods are cooked all the way through.
- Cook ground meats, roasts, steaks, poultry and egg dishes to proper temperature. Refer to temperature chart.
- Do not eat ground beef that is still pink inside.
- Don't use recipes in which eggs remain raw or only partially cooked.
- Fish should be opaque and flake easily with a fork.
- For best results when cooking in a microwave, cover food, stir and rotate dish for even cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers to at least 165° F.



CHILL: Refrigerate promptly.

Cold temperatures keep harmful bacteria from growing and multiplying.

- Refrigerate or freeze perishables and leftovers within two hours.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water or in the microwave.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Don't overload the refrigerator.

APPLY THE HEAT AND *FIGHT BAC!*

Cooking food to the proper temperature kills harmful bacteria. So *Fight Bac!* by thoroughly cooking your food as follows:



Raw Food	Internal Temperature
Ground Products	
Hamburger	160° F
Beef, Veal, Lamb, Pork	160° F
Chicken, Turkey	165° F
Beef, Veal, Lamb	
Roasts & Steaks	
medium-rare	145° F
medium	160° F
well-done	170° F
Pork	
Chops, roasts, ribs	
medium	160° F
well-done	170° F
Sausage	160° F
Ham	
Fresh (raw)	160°F
Pre-cooked	140°F
Poultry	
Chicken, whole & pieces	180° F
Duck	180° F
Turkey (unstuffed)	
whole	180° F
breast	170° F
dark meat	180° F
stuffing (cooked separately)	165° F
Eggs	
Cooked eggs	Yolk & white are firm
Egg dishes	160° F
<p><i>This chart has been adapted for home use and is consistent with consumer guidelines from the U.S. Department of Agriculture (USDA) and U.S. Food & Drug Administration (FDA).</i></p>	

For More Information on Safe Food Handling and Preparation:

USDA's Meat & Poultry Hotline:
1-800-535-4555

FDA's Food Information & Seafood Hotline:
1-800-332-4010

Partnership for Food Safety Education Web Site:
www.fightbac.org

For Information on Decoding Product Dates:

Dole	1-800-232-8800
Frito Lay	1-800-352-4477
Betty Crocker	1-800-328-6787
General Mills	1-800-328-1144
Kraft	1-800-847-1997
Kellogg	1-800-962-1413
Motts	1-800-426-4891

FOOD STORAGE FACTS

Food	Storage Time
Eggs, raw	expiration date
Eggs, cooked	1 week
Ham	3-5 days
Hotdogs	1 week
Lunch meats	3-5 days
Bacon	1 week
Fresh meat (steaks, chops, roasts)	3-5 days
Ground meat	1-2 days
Fresh poultry Chicken, whole	2-3 days
Turkey, whole	4-5 days
Chicken or turkey pieces	1-2 days
Fresh fish	1-2 days
Cooked meat, meat main dishes & soups	3-4 days
Cooked poultry, poultry main dishes & soups	2-3 days
Cooked fish	3-4 days
Cooked beans	3-5 days
Peanut butter, opened	2-3 months
Milk	sell date
Yogurt, sour cream	sell date
Cheese	2-4 weeks
Infant formula	2 days
Baby food, opened	1-2 days
Canned vegetables, opened	3 days
Canned fruit, opened	5-7 days
Salsa	3-4 weeks
Mayonnaise, catsup	2-3 months
Bottled dressing, opened	2-3 months
Oil	3 months
Margarine	expiration date
*If there is a "use-by" date on the package, follow it. Otherwise, use these storage times.	

- ### Tips for Storage
- Rotate food (first in, first out).
 - Follow "sell" dates and "best if used by" dates.
 - Store foods in an orderly manner, with like foods together.
 - Proper storage decreases waste.
 - "When in doubt, throw it



- ### Signs of Spoilage
- Weevils in flour and grain products.
 - Bulging, leaking cans.
 - Juices appear cloudy.
 - Spurting liquids when can is opened.
 - Juices or liquids bubble.
 - Off odor.
 - Slimy and slippery feel.
 - Red meat turns greyish brown.
 - Wilted or limp.
 - Soft and mushy.
 - Mold growth.