

FOOD SAFETY GUIDELINES

September 2018

- Cleanliness
 - Wash hands frequently when handling food
 - Sanitize cutting boards after each use
 - Clean knives and other utensils or devices used in food preparation well after use
 - Rinse fresh fruits and vegetables
 - Clean the lids of cans/jars before opening
- Storing Food
 - Don't risk cross-contamination. Store meat, fish and poultry separate from other foods and wrap them securely. The order of food storage is as follows: Ready to eat foods "RTEs"- Raw Fish- Raw whole meats (Beef, Pork, Lamb)- Raw Ground meats (Beef, Pork, Lamb)- Raw Poultry (Whole and Ground)
 - Refrigerate/freeze foods promptly after purchase or usage
 - Be aware of the "Sell by" and "Use by" dates on canned and other packaged foods.
- Thawing of Frozen Foods
 - The preferred method of thawing food is in the refrigerator.
 - Thawing in cold water or a microwave is also safe
 - In both cases, cook and serve, fish, meat and poultry promptly after thawing
- Cooking
 - Cook all foods to the proper temperature
 - Recommended internal temperatures:
 - Beef, pork, lamb 145 degrees F
 - Fish 145 degrees F
 - Ground beef, pork, lamb 160 degrees F
 - Turkey and chicken 165 degrees F
 - Use a food thermometer to check the temperature
- Helpful Websites:
 - www.fsis.usda.gov
 - www.eatingwell.com
 - www.foodsafety.gov
 - www.fda.gov