FOOD SAFETY GUIDELINES

COOKING TEMPERATURE
Cook until a food thermometer reaches the safe minimum internal temperature for the food you are cooking.

WASHING HANDS
Wash hands with soap and water for at least 20 seconds at the beginning of each recipe and after handling raw meat, poultry, seafood, or eggs, as well as raw produce and nuts.

PREVENTING CROSS-CONTAMINATION
Wash and sanitize cutting boards, counters, utensils, and serving plates after touching raw meats, poultry, seafood, or eggs.
Do not reuse marinades after use on raw foods.
Do not rinse raw meat or poultry in the kitchen sink. Doing so is not safe because it can spread germs to surrounding surfaces.

PREPARING PRODUCE
Gently rub produce under cold running water.
Scrub firm produce with a clean vegetable brush under running water.

SANITIZING KITCHEN SURFACES
Clean kitchen surfaces of food debris using soapy water, then rinse with clear water.
Sanitize food-contact surfaces before, during, and after preparing food with an EPA-registered sanitizer, according to label directions. If a product is EPA-registered, it will be indicated on the product label.

STORING FOOD
Keep your refrigerator at 40°F or below. Refrigerate leftovers in shallow containers within two hours of cooking, and dispose of leftovers after 3-4 days.