

# Food Safety at Home

## The cooking process



### Thawing

Frozen foods can be thawed in the microwave, under cold running water, or in the refrigerator.

Do **NOT** thaw food at room temperature.

### Safe Marinating & Seasoning

Food should not be marinated at room temperature. Marinate food in the refrigerator.

Marinating liquid can be used as a sauce only if it is brought to a rapid boil first, otherwise discard.

Never reuse seasonings or bread crumbs; once seasonings and bread crumbs come in contact with raw products, they must be discarded.

### Minimum Internal Cooking Temperatures

#### 135°F

-Commercially processed foods for hot holding (e.g., canned soups or vegetables)

#### 145°F

- Roasts
- Steaks or Chops
- Fish/ Shellfish
- Eggs for immediate service

#### 155°F

- Ground meat or fish
- Eggs for hot holding

#### 165°F

- All poultry, including ground and whole pieces
- Stuffing and stuffed foods
- Foods prepared in a microwave
- Previously cooked foods being reheated for hot holding



## Proper Reheating Procedures

Leftovers should be reheated to 165°F or above before serving.

Food in hot holding must be maintained at or above 135°F.

## Cold Holding Temperatures

Food in cold holding must be maintained at or below 41°F.

## 2 Hour Rule

When dealing with groceries, leftovers, doggie bags, and party platters use the 2 hour rule.



Groceries should be put away within 2 hours of leaving the grocery store. And within an hour in the summer months.

Cooked leftovers should be put away within 2 hours.



Doggie bags from restaurants should be refrigerated within 2 hours of leaving the restaurant.

Party platters requiring refrigeration should be made on smaller dishes and rotated or replenished every 2 hours. Platters of food can also be placed on ice to help maintain safe temperatures.



## Personal Cleanliness

Follow proper handwashing procedures and wash hands when needed:

- After touching one's hair, body or clothes.
- After using the bathroom
- After touching animals
- After coughing, sneezing, eating, using tobacco, or drinking.
- When changing between working with raw animal products and ready-to-eat products.
- After doing any activity that may contaminate hands (e.g., taking out the trash or handling dirty tableware).

## Avoid Cross Contamination

### During Food Storage

Raw meats and eggs should be stored on the bottom shelf of the refrigerator away from left overs and ready-to-eat foods such as fruits and vegetables.



### During Food Preparation

Always wash utensils and dishes after use with raw meat and eggs and before use with other foods. Or use separate equipment and utensils for each product.

Wash your hands after handling raw meat and eggs.

