

# Food Safety at Home

*Follow these tips to prevent the spread of bacteria and viruses.*

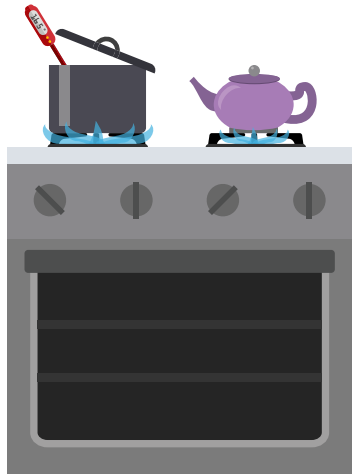
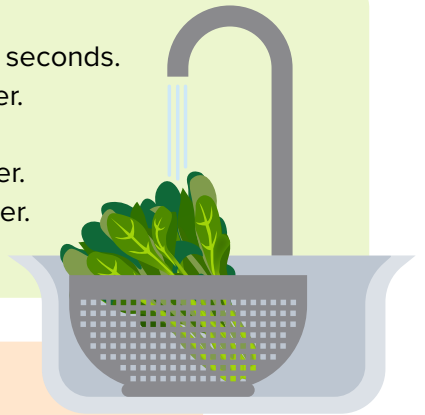
**Help children, elders and other vulnerable people stay healthy and well. Remember:**



- *If you're sick, ask someone else to fix the meal.*
- *Handwashing is the best way to prevent the spread of germs.*

## Prep

- Wash hands with soap and warm water for 20 seconds.
- Wash cutting boards with soap and warm water.
- Use one cutting board just for raw meats.
- Rinse vegetables and fruits well with cold water.
- Don't rinse raw meats. If you do, clean sink after.
- Thaw or marinate food in the refrigerator.



## Cook

- Cook fish, eggs, roasts and pork to 145°F.
- Cook ground beef and steaks to 158°F.
- Cook chicken, turkey, duck and stuffed meats to 165°F.

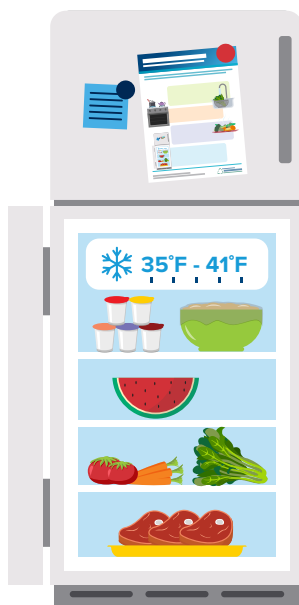
## Serve

- Keep cold food cold and hot food hot.
- Use clean spoons, tongs or other utensils.
- Refrigerate leftovers within 1 hour.
- Put leftover hot food in refrigerator when done eating. Don't cover until food is cold.



## Refrigerate

- Set temperature between 35°F and 41°F.
- Clean regularly to remove spoiled food and spills.
- Store salads and other foods that do not need to be cooked on top shelves, above raw meats.
- Eat leftovers within 4-5 days, or freeze.



**Use a thermometer to verify temperatures!** Learn how to use a thermometer and more at [tpchd.org/food](http://tpchd.org/food).

