

Food Safety

It is important to know about food safety. It may help you keep from getting sick. Learn about ways to keep your food safe.

Clean

- Wash hands frequently for 20 seconds with soap and running warm water.
- Wash surfaces, dishtowels and cutting boards between foods. Do not use sponges.
- Things like knives, forks and spoons (utensils) used to prepare, serve and eat food should be washed often. Use hot, soapy water or dishwasher.
- Rinse all fruits and vegetables. If the produce appears damaged, throw it away.

Separate

- Keep meat and eggs apart from other foods when shopping at the store and in the refrigerator.
- Use different utensils, plates and cutting boards for each food. Keep foods that need to be cooked away from foods that are ready to be served.

Keep hot food hot.

Bacteria that cause food poisoning grow quickest between 40° and 140°F

- Use a food thermometer.
- Keep hot food over 140° after cooking.
- Check for safe internal temperatures of these cooked foods:

145° F	160°F	165°F
Whole pieces, roasts, or chops of beef, pork, veal, lamb, and fish Let sit 3 minutes before cutting.	Ground beef, pork, veal, lamb and egg dishes	Whole, pieces and ground turkey, chicken and duck

Keep cold food cold.

- Keep your refrigerator temperature below 40°F.
- Put away foods that need to be kept cold within two hours.
- Thaw meat in the refrigerator or in the microwave. Never thaw foods on the counter.
- Keep leftover food in a sealed container. Keep it for 3-4 days in the refrigerator or 1-2 months in the freezer.

Unsafe Foods

There are some foods and drinks that may not be safe for all children. They are more likely to get sick from the following foods and drinks:

- Unpasteurized milk and milk products. Look for the word pasteurized on the carton to be safe.
- Unpasteurized juices. Look for the word pasteurized on the carton to be safe.
- Raw sprouts.
- Raw or undercooked eggs.
- Uncooked foods made with raw eggs. This may include cookie dough and cake batter.
- Food past its “use by” date.

For More Information: <https://www.foodsafety.gov>; www.fda.gov

ALERT: Call your child’s doctor, nurse, or clinic if you have any concerns or if your child has special needs that are not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.