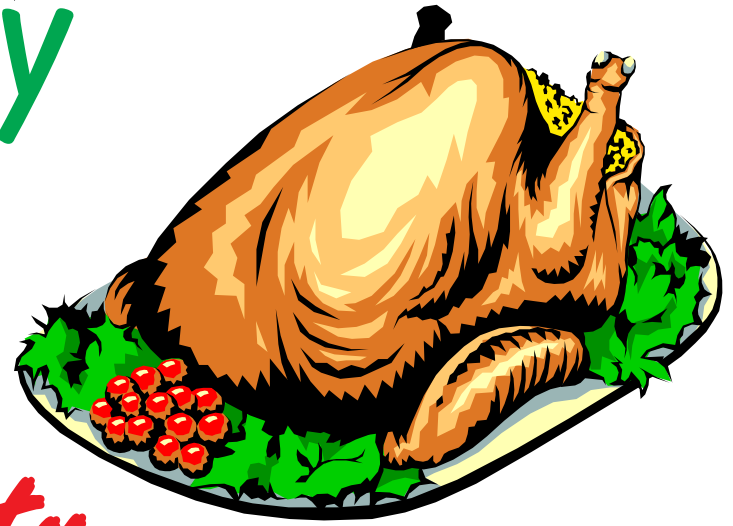




HOLIDAY

Food Safety

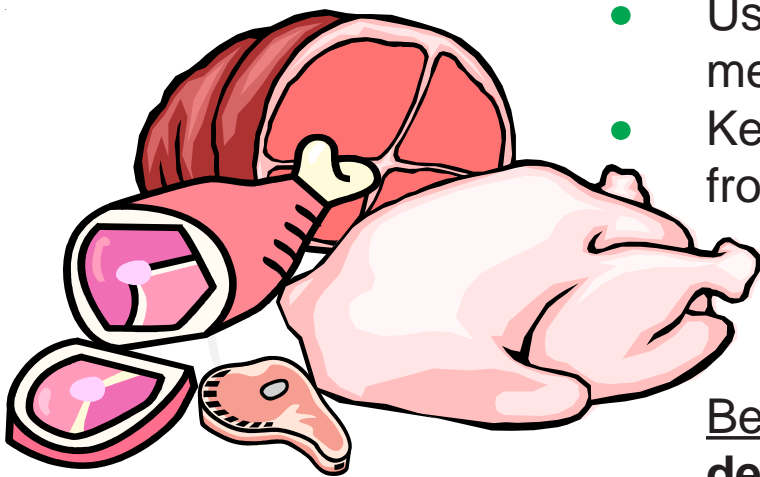


Buying and storing

- Put raw, juicy meats and poultry in separate plastic bags so the drippings do not contaminate other foods.
- If the ride home is longer than 30 minutes, pack perishables in a cooler with ice.
- For maximum food safety, keep the refrigerator temperature **AT** 40 degrees and the freezer **AT** zero degrees.

Prepping and cooking

- Make sure all utensils and cutting areas are clean before and after food preparation.
- Wash your hands before and after handling raw meats, poultry, or fish to avoid transferring germs.



- Use separate cutting boards for vegetables and meats.
- Keep raw meat, poultry, fish and their juices away from other foods.

- For safe consumption, cook the following meats **TO** these temperatures:

Turkey and ground poultry: 165 degrees.

Beef, veal, lamb steaks, roasts and chops: 160 degrees (medium) or 170 degrees (well done).

Ground meats, ham and pork: 160 degrees. Whole poultry and thighs: 180 degrees.

Serving and saving

- Use cold ingredients when preparing foods to be served cold.
- Hold all cold foods **AT** 40 degrees or lower.
- Keep all hot foods **AT** 140 degrees or higher.
- If leftovers won't be consumed within three days after cooking, freeze them immediately in sealed containers.
- Reheat any leftover hot food to 140 degrees or higher before serving.



Tarrant County Public Health

Safeguarding our community's health

<http://health.tarrantcounty.com>

817-321-4700