

# Be Food Safe

Food handling safety risks at home are more common than most people think.

The four easy lessons of **Clean**, **Separate**, **Cook**, and **Chill** can help prevent harmful bacteria from making your family sick.



## Clean



**WASH** hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

## Separate



**KEEP** raw meat, poultry, and seafood apart from foods that won't be cooked.

## Cook



**USE** a food thermometer – you can't tell food is cooked safely by how it looks.

## Chill



**CHILL** leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.



United States Department of Agriculture  
Food Safety and Inspection Service  
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# When Cooking At Home

- Cook food to a safe minimum internal temperature. Use a food thermometer to check the internal temperature.
- When cooking food in a conventional oven, set the oven temperature to at least 325 °F.

Food	Safe Minimum Internal Temperature
Ham	Fully Cooked 140 °F
	Fresh or Cook Before Eating 160 °F
	Reheated 165 °F
Pork: Chops, Roasts, and Steaks	160 °F
Beef, Veal, and Lamb: Roasts, Chops, and Steaks	145 °F
Ground Beef, Veal, Lamb, and Pork	160 °F
Rolled, Tenderized, or Scored Cuts of Beef, Veal, and Lamb	160 °F
Egg Dishes	160 °F
Casseroles / Combination Dishes / Leftovers (Including Gravy)	165 °F
Ground Poultry (Turkey and Chicken)	165 °F
Chicken, Turkey, Duck, and Goose	165 °F
Stuffing (Cooked alone or in a bird)	165 °F

## Got Food Safety Questions?

Ask Karen



Visit **“Ask Karen”** at **AskKaren.gov**  
to ask a food safety question

Call the **USDA Meat & Poultry Hotline:**  
**1-888-MPHotline (1-888-674-6854)**

MPHotline

