



Looks can be deceiving

(Las apariencias pueden engañar)

1. Rinse vegetables before serving. This will decrease the risk of foodborne bacteria like *Salmonella* or *E.coli* O157:H7.
2. Always keep raw meats away from cooked foods. This way you can prevent cross-contamination and decrease the risk of foodborne bacteria, like *Campylobacter*.
3. It is important to cook meat to a recommended safe minimum internal temperature. Always use a food thermometer.
4. Refrigerate or freeze prepared foods and leftovers within two hours to prevent bacterial growth.

Everything Counts

When It Comes to Protecting Your Family



Clean

Separate

Cook

Chill

Internal cooking temperatures

Beef, Veal, Lamb	
Ground	160 °F
Medium rare	145 °F
Medium	160 °F
Well done	170 °F
Poultry (Chicken, Turkey, Duck, or Goose)	
Ground	165 °F*
Whole, roast	165 °F*
Thighs, drumstick, wings	165 °F*
Breast	165 °F*
Stuffing	165 °F*
Pork	
Ground	160 °F
Parts, medium	160 °F
Ham	
Raw	160 °F
Pre-cooked, reheat	140 °F
Eggs & Egg Dishes Cook until yolk and white are firm	
Egg dishes	160 °F
Casseroles	165 °F
Keep cooked foods hot	140 °F
Reheat leftovers	165 °F

*The safe minimum internal temperature.

Four Steps That Can Save Your Life

(Cuatro pasos que le pueden salvar la vida)

- 1 Clean: Wash your hands with warm water and soap, and wash cooking utensils and all surfaces used for cooking with hot water and soap.
- 2 Separate: cross-contamination can occur. Separate raw beef, pork, poultry, and seafood from other foods and never place them together in the refrigerator.
- 3 Cook: Cook to a safe temperature to kill bacteria.
- 4 Chill: Cold temperatures prevent bacteria from multiplying. Refrigerate foods as soon as possible.



USDA knows that your family is important to you, and that you would do anything to protect them.

Follow this foodborne illness prevention guide. For more information on food safety call toll free 1-888-674-6854 where you will be assisted in your language or visit our Web site at www.fsis.usda.gov/En_Espanol.

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Protect Your Family

(Proteja a su familia)

You do everything possible to protect yourself and your family. When you are in a car, you put on the safety belts in order to avoid injuries. You teach your children to cross a street and to never open a door to strangers.

Caring for your family means that you have to be careful in your kitchen. The food you serve your family can be dangerous if it is not safely handled, cooked, or refrigerated.

Very dangerous bacteria like *Listeria* or *Salmonella* can be hidden in your food and cause abdominal cramps and diarrhea – even send you to the hospital.

Adequate food handling is very simple and very similar to precautions we take every day. It is also important to keep your family healthy.

Separate your Food

(Separe los Alimentos)

You separate white and colored items before washing them. Colored clothes can stain white clothes if you put them together in the washing machine.

Storing certain foods in the same place could be disastrous. Raw juices often contain harmful bacteria and can cross-contaminate other foods if they are placed together.

Remember to separate raw meat, poultry, and seafood from fruits, vegetables, and cooked foods when preparing meals and storing them in the refrigerator.

Do not use the same kitchen utensils, cutting board, and other surfaces to prepare meat and vegetables. Crosscontamination can occur when bacteria is spread between foods.



Bacterial Growth - a hidden danger

(La propagación de las bacterias- un peligro escondido)

1. Sometimes, queso fresco might not be pasteurized and could contain Listeria, which could be very dangerous for pregnant women and for people with weakened immune systems. Make sure to buy only queso fresco that will specify on the label “made with pasteurized milk.”
2. Bacteria can grow in your refrigerator if it is not kept at 40 °F or below. Use an appliance thermometer and frequently check the temperature in your refrigerator. If the thermometer registers a temperature too high (above 40 °F), adjust the dial of the refrigerator.
3. Raw food could contaminate other foods. Separate raw meat and poultry from vegetables and cooked foods.
4. Wash your hands with warm water and soap before and after touching food and after using the bathroom, changing diapers, or having contact with your pet.



Cleanliness is Important

(La limpieza es importante)

We sweep and mop floors and vacuum carpets when they are dirty in order to make the house look clean.

The kitchen surfaces will look clean but they can contain a multitude of bacteria so small that they can't be seen.

Wash your hands with soap and warm water before and after handling food and after using the bathroom, changing diapers, or handling pets.

Wash kitchen utensils and cooking surfaces with hot water and soap.

Rinse fruits and vegetables thoroughly before handling them or serving them raw.

Refrigerate Food

(Refrigere las comidas)

A very cold glass of horchata can revive your soul on a very hot day of summer, refresh you and make you feel alive.

Cool temperatures are very important for food also.

Keeping food in the refrigerator at a safe temperature prevents the spread of bacteria.

Refrigeration tips:

(Recomendaciones de Refrigeración)

- Maintain your refrigerator temperature at 40 °F or below.
- Maintain your freezer temperature at 0 °F or below.
- Place leftovers in shallow containers so they can cool down fast after putting them into the refrigerator.
- Never thaw frozen food at room temperature. Defrost food in the refrigerator, submerged in cold water, or in the microwave.

Use the thermometer

(Use el termómetro)

You use a thermometer to ensure your child does not have a fever. You know it is insufficient merely to touch his or her forehead.

Temperature is also very important for foods. Meats and other food should be cooked to a safe minimum internal temperature to kill any bacteria they might contain.

Use a food thermometer to make sure your food has reached the safe minimum internal temperature. You will feel confident that there is less danger for foodborne illness.