

Food Safety Tips for Smart Food Shoppers



- Check “Sell-By” date
- Put raw meat, poultry, or seafood in plastic bags
- Buy only pasteurized milk, cheese, dairy products, and juices
- When buying eggs:
 - Purchase *refrigerated* shell eggs
 - If your recipe calls for raw eggs, purchase pasteurized, *refrigerated* liquid eggs
- Don’t buy food displayed in unsafe or unclean conditions

Is It Done Yet?

You can’t tell by looking. Use a food thermometer to be sure.

USDA Recommended Safe Minimum Internal Temperatures

						
Steaks & Roasts 145 °F	Fish 145 °F	Pork 160 °F	Ground Beef 160 °F	Egg Dishes 160 °F	Chicken Breasts 165 °F	Whole Poultry 165 °F

Ordering “Smart” When Eating Out

Choose

- ✓ Hard or processed cheeses. Soft cheeses only if made from pasteurized milk.
- ✓ Fully cooked smoked fish or seafood.
- ✓ Hot dogs reheated to steaming hot. If the hot dogs are served cold or lukewarm, ask to have the hot dogs reheated until steaming, or else choose something else.
- ✓ Grilled sandwiches in which the meat or poultry is heated until steaming.
- ✓ Fully cooked fish that is firm and flaky.
- ✓ Fully cooked eggs with firm yolk and whites.

Avoid

- ✗ Cheese made from unpasteurized milk.
- ✗ Raw or undercooked seafood.
- ✗ Cold hot dogs.
- ✗ Sandwiches with cold deli or luncheon meat.
- ✗ Raw or undercooked fish, such as sushi or sashimi.
- ✗ Soft-boiled or “over-easy” eggs, as the yolks are not fully cooked.

Got Food Safety Questions?

Ask Karen



Visit **"Ask Karen"** at
www.fsis.usda.gov. Click on "I Want
To ... Ask A Food Safety Question"

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

MPHotline



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