

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.



Photo courtesy of United Tribes Technical College, Bismarck, North Dakota

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
Buffalo, Venison, Elk, Moose, Caribou, and Antelope	Medium 160 °F
	Well Done 170 °F
Ground Beef, Veal, Lamb, Pork, Buffalo, Venison, Elk, Moose, Caribou, Antelope, and Rabbit	160 °F
Rolled, Tenderized or Scored Cuts of Beef, Buffalo, 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?



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)**

