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.

be food safe
from USDA

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 Fresh or Cook Before Eating Reheated	140 °F 160 °F 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 Well Done	160 °F 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?

Ask Karen

MPHotline

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)

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May 2008