

## Safe Cooking Temperatures

Internal Temperature

### Ground Meat & Meat Mixtures

Beef, Pork, Veal, Lamb **160°F**

Turkey, Chicken **165°F**

### Fresh Beef, Veal, Lamb

Medium Rare **145°F**

Medium **160°F**

Well Done **170°F**

### Poultry

Chicken & Turkey, whole **165°F**

Poultry breasts, roast **165°F**

Poultry thighs, wings **165°F**

Duck & Goose **165°F**

Stuffing (cooked alone or in bird) **165°F**

### Fresh Pork

Medium **160°F**

Well Done **170°F**

### Ham

Fresh (raw) **160°F**

Pre-cooked (to reheat) **140°F**

### Eggs & Egg Dishes

Eggs **Cook until yolk & white are firm**

Egg dishes **160°F**

### Seafood

Fin Fish **145°F**  
**or flesh is opaque & separates easily with fork**

Shrimp, Lobster & Crabs **Shells red & flesh opaque**

Clams, Oysters & Mussels **Shells are open**

Leftovers & Casseroles **165°F**

This brochure was developed based on the FightBac! information, <http://fightbac.org/>. The Food Safety for Families with Young Children, USDA –CSREES project 2008-51110-19237 project team includes:

### University of Nebraska–Lincoln

Julie A. Albrecht

Christina Perry

Carol Larvick

Carol Schwarz

Rebecca Meysenburg

Ida Yin-Er Ng

### Iowa State University

Sam Beattie

Ruth Litchfield

Jan Temple

Elizabeth Meimann



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

IOWA STATE  
UNIVERSITY

UNIVERSITY OF  
**Nebraska**  
Lincoln

## Food Safety For Families



### Four Simple Steps to Food Safety

Bacteria (germs), viruses and tiny parasites are everywhere in the environment! They are organisms that you can't see, smell, or taste. In fact, they can contaminate food and cause life-threatening illness.

Foodborne illness — strikes anyone, especially young children, pregnant women (it endangers their unborn babies too), older adults, and persons with weakened immune systems. Ask yourself, do you want yourself and those you care about to be sick?

Follow these four simple steps to food safety:

**Clean. Separate. Cook. Chill.**



## CLEAN:

*Wash hands and surfaces*



Bacteria (germs), viruses, and parasites can be spread throughout the kitchen and get onto cutting boards, utensils, and countertops.

### Here's how to Fight BAC!

- Wash your hands with hot, soapy water before and after handling food and after using the bathroom and changing diapers.
- Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.
- Important: Rinse raw produce under running water. Don't use soap or detergents. If necessary, use a small vegetable brush to remove surface dirt.

## SEPARATE:

*Don't cross-contaminate*



Cross-contamination happens when bacteria (germs), viruses, and parasites are transferred from one food or surface to another. This happens when handling raw meat, poultry, seafood or eggs, and then handling ready-to-eat foods without washing hands and surfaces.

### Here's how to Fight BAC!

- Separate raw meat, poultry, and seafood from other ready-to-eat foods in your grocery shopping cart and in your refrigerator.
- Use a different cutting board for raw meat, poultry and seafood products.
- Wash hands, cutting boards, dishes, and utensils with hot, soapy water after handling raw foods such as meat, poultry, seafood, and eggs.
- Use separate plates for raw food and cooked foods.

## COOK:

*Cook to proper temperatures*



Foods are properly cooked when they are heated for a long enough time to a high enough temperature to kill harmful bacteria (germs).

### Here's how to Fight BAC!

- Use a clean thermometer to measure the internal temperature of cooked food to make sure food such as meat and poultry are cooked to the right temperatures.
- Cook eggs until the yolks and whites are firm.
- Important: Use egg substitutes or pasteurized shell eggs if you use recipes in which eggs remain raw or only partially cooked.
- Cook fish until opaque and flakes easily with a fork.
- Cover food, stir, and rotate food for even cooking in a microwave. Rotate the dish by hand once or twice during cooking if there is no turntable.
- Boil sauces, soups, and gravy when reheating.

## CHILL:

*Refrigerate promptly*



Refrigerate foods quickly. Set your refrigerator no higher than 40°F and the freezer at 0°F. Check these temperatures occasionally with an appliance thermometer.

### Here's how to Fight BAC!

- Refrigerate or freeze perishables, prepared foods, and leftovers within two hours or sooner.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water, or in the microwave.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.