



GEAR UP

for food safety!



Choose and use these kitchen tools every time you prepare food to help prevent food poisoning.

Kitchen Sink

- Wash your hands for **20 seconds** with soap and running water.
- Wash fruits and vegetables before peeling.
- Do not wash meat, poultry, or eggs.

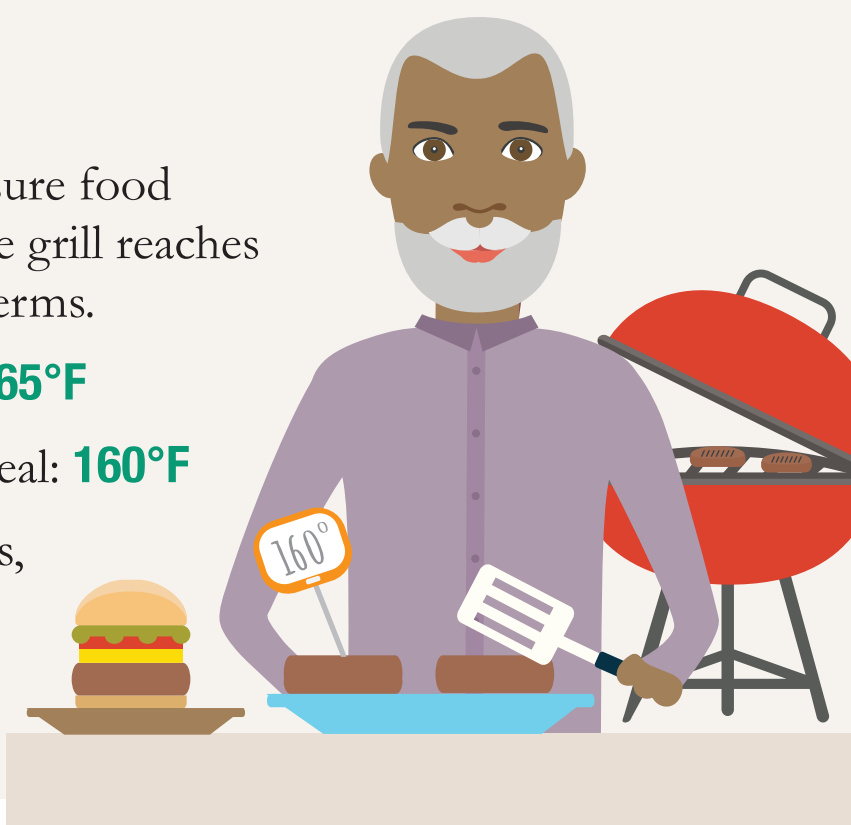


Cutting Board and Utensils

- Use separate cutting boards, plates, and knives for produce and for raw meat, poultry, seafood, and eggs.
- Clean with hot, soapy water or in dishwasher (if dishwasher-safe) after each use.

Thermometer

- Use a food thermometer to make sure food cooked in the oven, stove or on the grill reaches a temperature hot enough to kill germs.
 - All poultry, including ground: **165°F**
 - Ground beef, pork, lamb, and veal: **160°F**
 - Beef, pork, lamb, and veal chops, roasts and steaks: **145°F**
 - Fish: **145°F**



Microwave

- Know your microwave's wattage.
 - Check inside the door, owner's manual, or manufacturer's website. Lower wattage means longer cooking time.
- Follow recommended cooking and standing times, to allow for additional cooking after microwaving stops.
- Use a food thermometer to make sure food reaches **165°F**.

Refrigerator

- Keep your refrigerator between **40°F** and **32°F**, and your freezer at **0°F** or below.
- Refrigerate fruits, vegetables, milk, eggs, and meats within **2 hours**; (**1 hour** if the temperature is **90°F** or higher).
- Store raw meat on the bottom shelf away from fresh produce and ready-to-eat food.
- Throw out foods left unrefrigerated for over **2 hours**.
- Thaw or marinate foods in the refrigerator.



Computer or mobile devices

- Look for more tips to keep food safe at www.cdc.gov/foodsafety
- Stay up to date on food recalls at www.foodsafety.gov/recalls



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/foodsafety