

# Fix It Safe



## Clean

- Wash hands with warm water and soap for at least 20 seconds.
- Wash cutting boards, dishes, utensils, and counters with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean kitchen surfaces.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. For firm-skin produce, use a vegetable brush to remove stubborn dirt.
- Sanitize all kitchen surfaces after cleaning.

Make sanitizing solution by mixing 1/4 teaspoon unscented liquid chlorine bleach in 2 cups warm (not hot) water.



## Separate

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use separate cutting boards for meats and vegetables or clean and sanitize between cutting meats and vegetables.
- Never place cooked food on a plate that was used for raw meat, poultry, seafood or eggs.



## Cook

- Cook meats, poultry, eggs, fish and shellfish to safe temperature. (See below.)
- Reheat leftovers to an internal temperature of 165°F.
- Bring sauces, soups, and gravies to a boil when reheating.

**Fish and seafood: 145°F**

**Beef and pork: 145°F**

**Ground beef: 160°F**

**Poultry: 165°F**

**Ground turkey and chicken: 165°F**



## Chill

- Refrigerate and/or freeze foods quickly. Do not leave food out more than two hours.
- Thaw meats on the bottom shelf of the refrigerator on a plate, in a pan, or sealed plastic bag (to catch juices). Never thaw meats on the counter or in the sink.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.



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