

Safe Food Handling

Food handling safety risks are more common than people think. A few quick lessons can greatly reduce the likelihood of illness from contamination.

Clean, Separate, Cook, and Chill

These four easy lessons can help prevent harmful bacteria from making your consumers sick.

CLEAN

Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, or eggs.

SEPARATE

Keep raw meat, poultry, and seafood apart from foods that will not be cooked.

COOK

Use a food thermometer. You can not tell if food is cooked safely or not by how it looks.

CHILL

Chill leftovers and takeout foods within 2 hours and keep the refrigerator at 40° F or colder.



Internal Food Temperature

When cooking food in a conventional oven, set the oven temperature to at least 325° F. Cook food to a safe minimum internal temperature. Use a food thermometer to check the internal temperature.

FOOD

SAFE MINIMUM INTERNAL TEMP.

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: Chops, Roasts, and Steaks	145° F
Ground Beef, Veal, Lamb, and Pork	160° F
Rolled, Tenderized, and Scored Cuts of Beef, Veal, and Lamb	160° F
Egg Dishes	160° F
Casseroles, Combination Dinners, and Leftovers (Including Gravy)	165° F
Ground Poultry (Turkey and Chicken)	165° F
Chicken, Turkey, Duck, and Goose	165° F
Stuffing (Cooked alone or in bird)	165° F

Questions?

Go to www.askkaren.gov to ask questions regarding Food Safety. The USDA Meat and Poultry Hotline is also available at 1 (888) 674-9854.

Contact the ISA Risk Management Division for more information on these and other risk management services and resources.

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