

# QUICK TIPS FOR KEEPING FOOD SAFE

Keeping food safe is important to help prevent illness.



## KEEPING FOOD COLD

Prepared, cooked, and fresh foods should not be left out at room temperature for more than **2 hours**.

Keep these foods refrigerated:

- Cooked or leftover foods
- Milk, meat, eggs, yogurt, and cheese
- Cut or peeled fruits and vegetables
- Opened jars and bottles



Refrigerators should be set to **40° F (4.4° C)** or lower.  
Freezers should be at **0° F (-18° C)** or lower.

## CHECKING YOUR FOOD

- Check all foods for signs of spoilage such as mold, slime, or bad odors.
- If cans have leaks, bulges, puffed ends, rust spots, or are badly dented, throw them out.
- Do not use eggs with cracked shells.

## PREPARING FOOD

- Always wash your hands with soap and warm water before handling or serving food. Cover any cuts or sores before handling food.
- Wash all fresh fruits and vegetables under cold running water before eating and/or cooking.
- Rinse the tops of cans under running water before opening.
- Wash hands, utensils, cutting boards and countertops after preparing food.
- Reheat all foods until steaming hot.
- Cook meat until it is completely cooked through and the juices run clear.
- Cook eggs until the yolks are firm.

