MARION COUNTY PUBLIC HEALTH DEPARTMENT
Prevent. Promote. Protect.

Marion County Public Health Department NUTRITION SERVICES

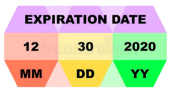
FOOD SAFETY AT HOME:

Storage Guides and Cooking Temperatures





SET YOUR FRIDGE TEMPERATURE TO 40° AND YOUR FREEZER TEMPERATURE TO 0° OR LESS. THIS WILL HELP PROTECT YOUR FOOD BY SLOWING THE GROWTH OF HARMFUL BACTERIA.



TRY TO LABEL AND DATE YOUR FOOD! THIS WILL HELP YOU REMEMBER WHEN YOU COOKED YOUR FOOD AND KNOW WHEN IT SHOULD BE THROWN OUT.



TO AVOID CROSS-CONTAMINATION, MAKE SURE ALL FOOD IN YOUR FREEZER AND FRIDGE IS TIGHTLY COVERED OR IN A SEALED CONTAINER. KEEP YOUR FRIDGE CLEAN AND FREE OF SPILLS AND REGULARLY CHECK YOUR FRIDGE FOR SPOILED OR EXPIRED FOODS.



ALL UNCOOKED MEAT SHOULD BE STORED EITHER BELOW OR AWAY FROM READY-TO-EAT FOOD. IF YOUR FRIDGE HAS PRODUCE CRISPERS AT THE BOTTOM, YOU CAN STORE FRUIT AND VEGETABLES IN THEM.

MAKE SURE ANY MEAT STORED ABOVE THE CRISPERS IS TIGHTLY WRAPPED OR SEALED IN A CONTAINER TO PREVENT FOODBORNE ILLNESSES.

SAFE COOKING TEMPERATURES

Food	Type	Internal Temperature (°F)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145° Rest time: 3 minutes
	Ground meat and sausage	160°
Casseroles	Meat and meatless	165°
Chicken, turkey, and other poultry	All	165°
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°
Ham	Raw ham	145° rest time: 3 minutes
	Precooked ham (to reheat)	165° Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F
Leftovers	Any type	165°
Pork	Steaks, roasts, chops	145° rest time: 3 minutes
	Ground meat and sausage	160°
Seafood	Fish (whole or filet)	145°

SOURCE: HTTPS://WWW.FSIS.USDA.GOV/FOOD-SAFETY/SAFE-FOOD-HANDLING-AND-PREPARATION/FOOD-SAFETY-BASICS/SAFE-TEMPERATURE-CHART.