

Safe Food Handling

Proper food handling and cooking are the best ways to keep us from becoming sick from **bacteria** in foods.

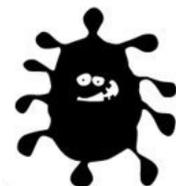
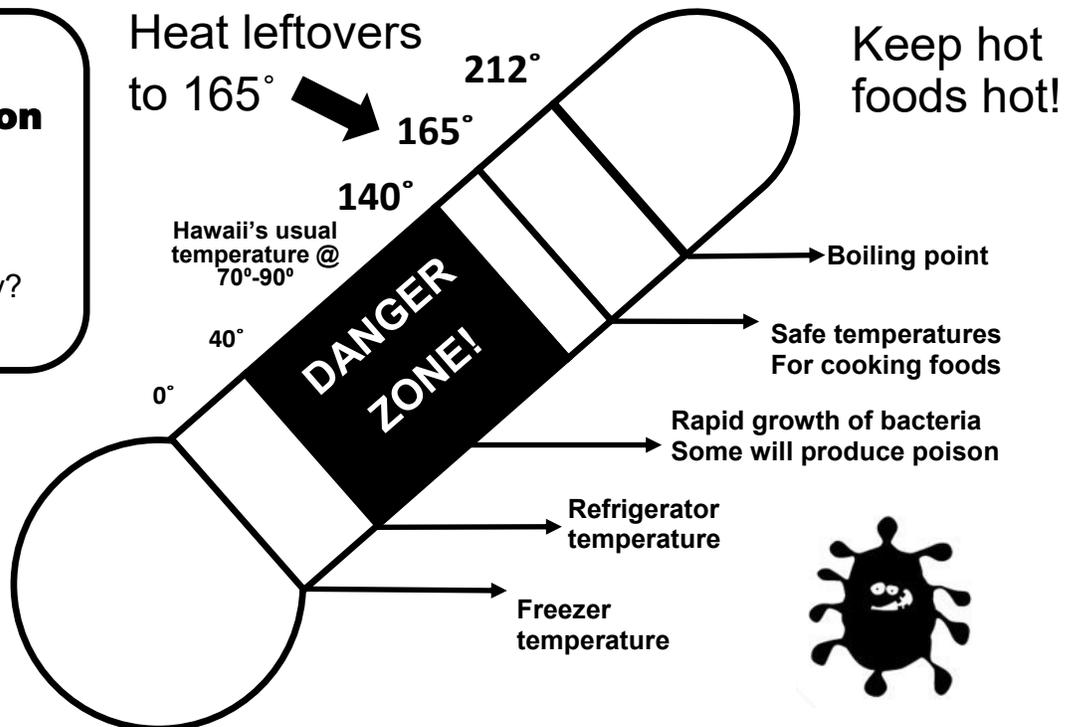
Keep Food Safe

CLEAN:	Wash your hands!
SEPARATE:	Don't cross contaminate!
COOK:	Keep hot foods hot!
CHILL:	Keep cold foods cold!
and	When in doubt, throw it out!



Germs, such as bacteria, fungi, yeast and molds, are part of our environment. Where there is food, there are bacteria.

Bacterial Multiplication Activity:
 How would this affect your family?



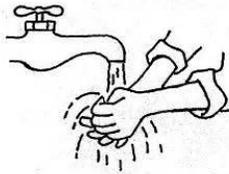
1. CLEAN



WASH YOUR HANDS

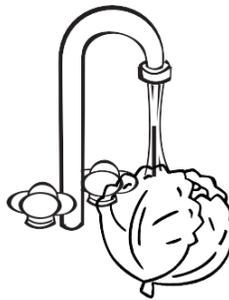
Always wash your hands with warm running water and soap for at least 20 seconds:

- before and after handling or eating food
- after using the bathroom
- after changing diapers
- after handling pets
- after sneezing, coughing, or blowing your nose



FRUIT & VEGGIE HANDLING

- Rinse all fruits and vegetables under running tap water.
- Never use detergent or bleach to clean fresh fruits or vegetables.



CLEAN SURFACES

- **Always** wash surfaces that come into contact with food in hot soapy water
- **Always** wash your cutting boards, dishes, and utensils with hot soapy water after preparing each food item.
- Use clean towels, pot holders, cloths and sponges. Wash them often.

Sanitizing Solution

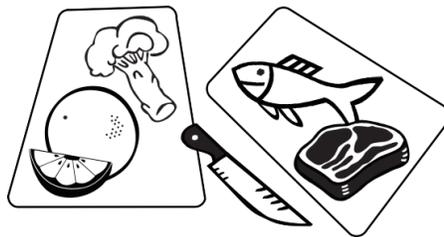
- 1 Mix one tablespoon of bleach with a gallon of water.
- 2 Sanitize non-porous countertops and cutting boards for 2 minutes.
- 3 Store solution, tightly covered for up to one week.

2. SEPARATE



SHOP: Keep raw meat, poultry, seafood, and eggs away from other foods in your shopping cart and grocery bags.

MARINATE: Sauce that is used to marinate raw meat, poultry or seafood should **NOT** be re-used or poured over cooked food.



CUT: Use one cutting board for fresh produce and another one for raw meat, poultry and seafood **OR** prepare your fresh and ready-to-eat foods before you cut your raw meat, poultry or seafood.

STORE: To prevent juices from raw meats from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or bags on the bottom shelf of the fridge.

COOKED: Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

3. COOK



TEMPERATURE

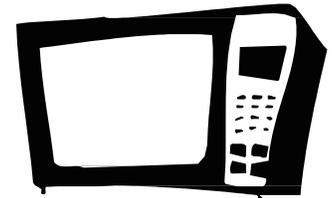


Thoroughly cooking food kills the harmful bacteria that cause illness.

Use a food thermometer and follow the "Internal Temperatures for Safe Cooking" chart below.

MICROWAVE

- For best results, cover food before microwaving.
- Stir and rotate during microwaving for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Make sure there are no cold spots in food.



KEEP HOT FOODS HOT

- Hot foods should be kept at 140°F or higher.
- Keep food hot with chafing dishes, slow cookers, warming trays or on low heat on a stove.



LEFTOVERS

- Heat leftovers thoroughly to 165°F.
- Bring sauces, soups and gravies to a boil for at least one minute before serving.

INTERNAL TEMPERATURES FOR SAFE COOKING

Use a food thermometer to measure the internal temperatures of food.

Meat Product

Temperature

All cooked leftovers (reheated)	165°F
Poultry (whole bird)	165°F
Poultry (breast, thigh, wing)	165°F
Ground Poultry	165°F
Ground meat (beef, pork, veal, lamb)	160°F
Egg dishes	160°F
Fish	145°F
*Beef, Veal, or Lamb	145°F
*Pork or Ham	145°F

**Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145°F, then allow the meat to rest for 3 minutes before carving or consuming.*

4. CHILL

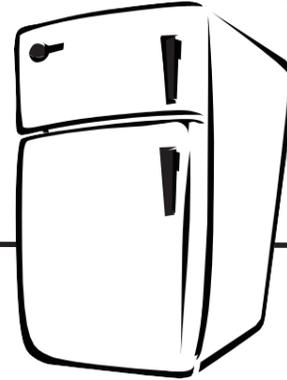


BUYING

- When shopping, buy frozen, cold or perishable foods last.
- When traveling, store perishable food with ice or cold packs in a cooler.
- Take food straight home.

REFRIGERATOR

- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use most cooked leftovers within 3-4 days.
- Unsafe food does **NOT** always smell, taste or look bad.



DON'T WAIT, REFRIGERATE

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let leftovers sit at room temperature more than 2 hours or one hour when temperature is above 90°F.

DEFROSTING

- **Never defrost food at room temperature (on the kitchen counter or in the sink).**
- Defrost food in the refrigerator. This is the safest method for all foods.
- For defrosting in microwave, use the defrost or low setting.
- Thaw meat and poultry in airtight packaging in cold water if it will be used immediately. Change the water every 30 minutes, so the food continues to thaw in cool water.
- Food thawed in cold water or in the microwave should be cooked immediately.

KEEP COLD FOODS COLD

Cold foods should be kept at 40°F or below

Keep all perishable foods chilled right up until serving time.

Place containers of cold food on ice for serving to make sure they stay cold.

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