



## At-Home Food Safety

Due to COVID-19, families are cooking at home more often. Practicing proper food safety at home can protect your family's health by preventing foodborne illnesses.

### Food Safety Principles:



**Clean** - Wash hands, surfaces, and tools often with soap and hot water. Wash and inspect fresh produce carefully.



**Chill** - Refrigerate food right away.



**Separate** - Don't cross-contaminate with raw meat, seafood, or poultry.



**Cook** - Cook food thoroughly to recommended temperatures.

### Food Danger Zone:

- Harmful bacteria multiply rapidly at temperatures between **40 - 140°F**.
- Keep hot foods hot and cold foods cold and never leave perishable food out of refrigeration for over 2 hours (1 hour if left out at 90°F or warmer).
- Divide large amounts of hot foods into shallow containers before refrigerating to cool it quickly.

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### Food Safety from Store to Home

#### Shopping

- Separate meat, seafood, and eggs from other food.
- Buy cold food last; bring home within 30 minutes.

#### Storage

- Keep freezer at  $\leq 0^\circ\text{F}$  and fridge at 34 - 40°F.
- Keep raw meat or seafood on the bottom fridge shelf in a sealed container to avoid dripping.

#### Preparation

Defrost food in the fridge, microwave, or cold water.

#### Cooking

Using a food thermometer, cook foods until the internal temperature reaches the safe point:

- Poultry and leftovers: 165°F
- Ground meat and egg dishes: 160°F
- Fish, red meat, pork or ham: 145°F
  - Let red meat, pork, or ham rest for 3 minutes.

#### Serving

Never place cooked food on a surface that previously touched raw meat, seafood or eggs.

#### Leftovers

- Reheat leftovers to 165°F.
- Boil leftover soups, sauces, or gravy for 1 minute.
- Most leftover food lasts 3-4 days.
- Store leftovers in clear, airtight containers.
- **When in doubt, throw it out!** Dangerous food does not always smell, look, or taste bad.

#### References

- University of Hawaii Cooperative Extension Service. (2006). *Be safe: A home guide to help keep food safe*. <http://www.ctahr.hawaii.edu/oc/freepubs/pdf/FN-5.pdf>
- USDA FSIS. (2019). *4 Steps to Food Safety*. <https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>

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