

# Food Prep

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## Shopping

### Don't

- Don't buy food in damaged cans or packages.
- Don't buy/eat food from deli counter (until Day +30 for autologous; Day +100 for allogeneic patients).
- Don't buy/eat food from salad bars, or buffets (avoid for 1 year after transplant).

### Do

- Have someone else do your shopping for you.
- Check expiration dates on food before you buy it.
- Put cold food away as soon as you get home.

## Kitchen Safety

### Don't

- Don't use wood utensils, bowls or cutting boards.

### Do

- Clean out the fridge and freezer.
- Clean counters and surfaces often.
- Wash dishes in dishwasher if possible.
- If washing dishes by hand, let them air dry.
- Use paper towels to clean up meat juice.
- Replace kitchen towels and cloths daily.
- Clean sponges daily (microwave wet sponge for 1 minute or clean in the dishwasher on sanitize cycle).
- Throw sponges away after one week.

## Storing Cold Food

- Do use food before it expires or up to the safe storage time in these guidelines - whichever comes first.

## Defrosting and Marinating

- Do defrost and marinate in the fridge or microwave - not at room temperature.

## Cooking

### Don't

- Don't use wood utensils, bowls, or cutting boards.
- Don't taste food using the cooking spoon. Use a clean spoon each time you taste.

### Do

- Check expiration dates before using food.
- Check food for mold or damage before using.
- Wash cans and use a clean can opener.
- Wash your hands well every step.
- Wash fruits and vegetables really well.
- Be careful not to spread raw meat germs.

## Cooking Meat

### Don't

- Don't guess or "go by looks" to decide whether meat is cooked completely.

### Do

- Cook meat to the correct temperature.
- Use a meat thermometer to decide if meat is cooked completely.

## Microwave Cooking

- Rotate the dish a quarter turn once or twice during cooking to ensure even heating of food.
- Stir several times during cooking to heat food evenly.
- Use a lid or vented plastic wrap to ensure thorough cooking.

## Grilling

### Don't

- Don't use the same utensils that you used with raw meat on vegetables or cooked foods.
- Don't use a charcoal grill.

### Do

- Be sure that the grill is really clean.
- Check meat temperature with a meat thermometer.
- Cook vegetables completely.

## Serving

### Don't

- Double dip.

### Do

- Use clean plates and utensils for cooked food.
- Use serving spoons - not personal silverware - to serve food.
- Serve hot food hot and cold food cold.

## Leftovers

- Store leftover food in individual containers in fridge.
- Eat them within 24 hours or throw them away.

<b>Food</b>	<b>Refrigerator Storage</b>
Beef (cooked)	1 day
Beef (ground)	1-2 days
Beef (steak & roast)	3-4 days
Cheese (hard cheese)	Expiration date but no more than 6 months
Cheese (soft cheese)	Expiration date or 7 days after opening
Eggs	1 week
Fish & seafood	1-2 days
Ground meat	1-2 days
Leftovers	1 day
Pork (cooked)	1 day
Pork (chops, roast & ham)	3-4 days
Pork (ground)	1-2 days
Poultry (whole or parts)	1-2 days
Poultry (cooked)	1 day
Poultry (ground)	1-2 days

<b>Food</b>	<b>Freezer Storage</b>
Beef (cooked)	3 months
Beef (raw ground)	3 months
Beef (raw steak and roast)	6 months
Cooked meat	3 months
Fish	3 months
Ground meat	3 months
Pork (chop, roast, ham)	3 months
Pork (cooked)	3 months
Pork (raw ground)	3 months
Poultry (cooked)	6 months
Poultry (raw ground)	3 months
Poultry (raw)	12 months
Poultry cooked	3 months