

# FOOD PREP



## **Shopping**

### **DON'T:**

- Don't buy food in damaged cans or packages.
- Don't buy food from the deli counter.

### **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; throw sponges away after 2 weeks.

## **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.

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## 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 before 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.

## Grilling

### DON'T:

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

### DO:

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

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## Serving

### DON'T:

- 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.

# SAFE STORAGE TIMES



FOOD	REFRIGERATOR STORAGE
<b>Eggs</b>	1 week
<b>Soft Cheese</b>	Expiration date or 7 days after opening
<b>Hard Cheese</b>	Expiration date but no longer than 6 months
<b>Poultry</b>	1 - 2 days
<b>Ground Meat</b>	1 - 2 days
<b>Fish and Seafood</b>	1 - 2 days
<b>Beef (<i>steak and roast</i>)</b>	3 - 4 days
<b>Pork (<i>chops, roast, ribs, ham</i>)</b>	3 - 4 days



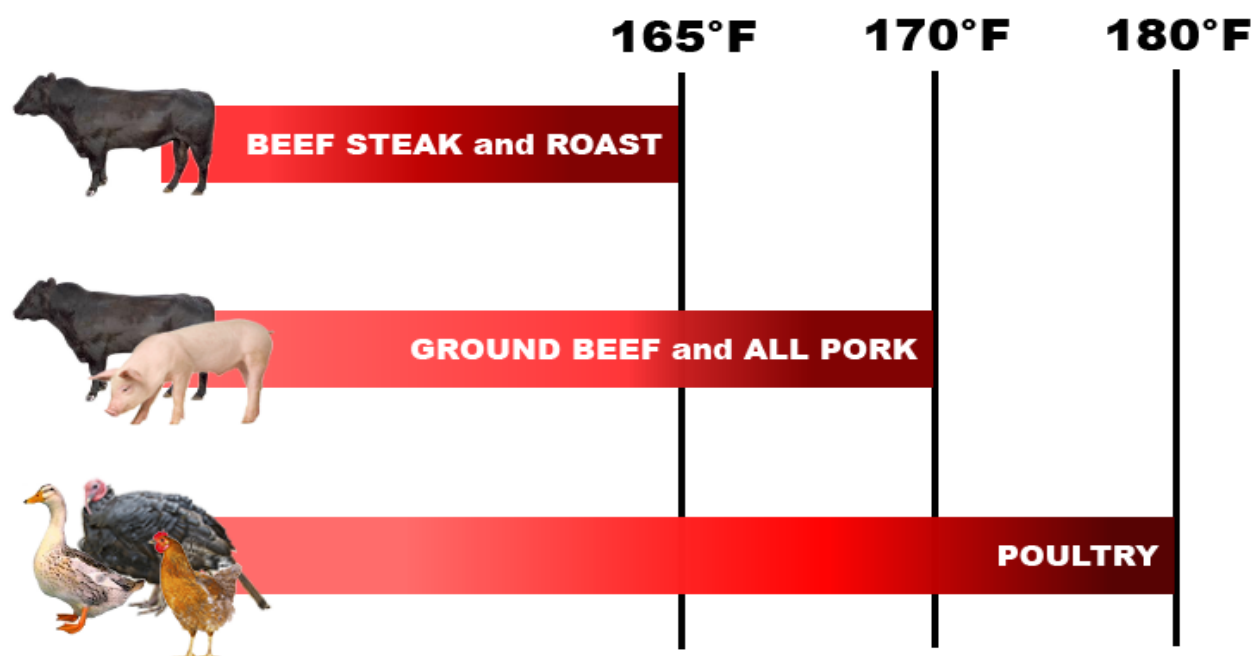
FOOD	FREEZER STORAGE
<b>Fish</b>	3 months
<b>Pork</b>	3 months
<b>Ground meat</b>	3 months
<b>Cooked meat</b>	3 months
<b>Raw beef steak and roast</b>	6 months
<b>Cooked Poultry</b>	6 months
<b>Raw Poultry</b>	12 months

## SAFE STORAGE TIMES

REFRIGERATOR	
Beef (cooked)	1 day
Beef (ground)	1-2 days
Beef (steak & roast)	3-4 days
Cheese (hard cheese)	Expiration date <i>or</i> 7 days after opening
Cheese (soft cheese)	Expiration date <i>but</i> no more than 6 months
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

FREEZER	
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

## SAFE COOKING TEMPERATURE



### FOOD SAFETY

- ✓ Always use a meat thermometer.
- ✓ Measure the temperature in the thickest part of the meat.
- ✓ Measure away from bones.
- ✓ Clean the metal probe with hot soapy water after each use.

## SAFE COOKING TEMPERATURE

MEATS	TEMPERATURE
<b>Beef steaks and roasts</b>	165 °F
<b>Bison</b>	165 °F
<b>Chicken</b>	180 °F
<b>Duck</b>	180 °F
<b>Goose</b>	180 °F
<b>Ground Beef</b>	170 °F
<b>Ground Lamb</b>	170 °F
<b>Ground Pork</b>	170 °F
<b>Ground Turkey</b>	180 °F
<b>Ham</b>	170 °F
<b>Lamb Chops and Roasts</b>	170 °F
<b>Pork (pulled)</b>	170 °F
<b>Pork Chops, Steaks and Roasts</b>	170 °F
<b>Pork Ribs</b>	170 °F
<b>Rabbit</b>	170 °F
<b>Sausage ( with beef and/or pork)</b>	170 °F
<b>Sausage (with chicken and/or turkey)</b>	180 °F
<b>Turkey</b>	180 °F
<b>Veal (ground)</b>	170 °F
<b>Veal Chops, Steaks and Roasts</b>	170 °F
<b>Venison (ground)</b>	170 °F
<b>Venison Chops, Steaks, Roasts</b>	170 °F