

## My Food Safety Pyramid

### Rules for all foods:

- **Clean** — Wash hands and surfaces often.
- **Separate** — Don't cross-contaminate.
- **Cook** — Cook to proper temperatures.
- **Chill** — Refrigerate promptly.



### Fruit – Clean it well.

- Wash all fruit before eating or cutting.
- Cantaloupes and fruits with a sturdy skin: scrub the outer skin.
- Cut away damaged, moldy or bruised areas.
- Buy only pasteurized fruit juices.
- Refrigerate cut fruits.

### Vegetables – Eaten raw or cooked.

- Wash all vegetables well before preparing, even if you are going to peel them.
- Vegetables that grow under the ground, like carrots, potatoes or sweet potatoes or on the ground, like pumpkin or winter squash: scrub the outer skin and loosen dirt with a brush.
- Wash greens well.
- Fill the sink with water.
- Place the greens in the water and swish them around.
- Lift them out.
- Repeat until they rinse clean.
- Refrigerate cut vegetables.

### Dairy Foods

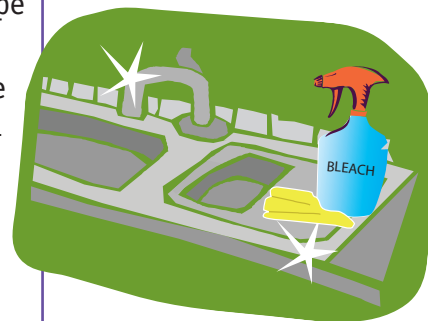
- Purchase and consume only pasteurized dairy products. Do not eat cheese made from raw milk.
- Refrigerate all dairy products inside the refrigerator, not on the door.
- Return to the refrigerator quickly after serving.
- Pay attention to sell-by dates. They indicate freshness for unopened products. Choose milk with a distant sell-by date.
- Once opened, properly stored milk will stay fresh for 1 week.



## Meat, Poultry, Fish, Eggs

- Freeze fresh meat, poultry or seafood within 2 or 3 days of purchase. Freeze ground meats within 2 days of purchase.
- Don't wash these items in the sink. If you feel they need cleaning, wipe with a damp disposable paper towel and discard it.
- If you place these foods in the sink or drain them in the sink, sanitize the sink with a dilute bleach solution: 1 tablespoon of chlorine bleach in a quart of water (4 cups).
- Cook them until they are done. (See the Good News on this handout.)
- Cook hot dogs according to package directions, especially if you are feeding someone who is at high risk for complications from foodborne illness (pregnant, very young, elderly or ill)
- How to tell if meat, poultry, fish and eggs are done:

Use a clean instant-read food thermometer to measure the internal temperature of food to make sure you've cooked meat, poultry, egg dishes and casseroles all the way through. The heat sensor for the thermometer is 2 inches from the tip. Insert the thermometer sideways in foods that aren't at least 2 inches thick.



**Hold hot foods between 140 and 170 degrees F  
to stop bacterial growth.**

### Good News:

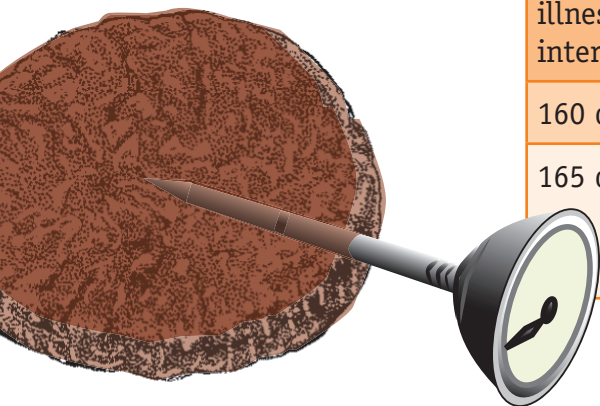
You can kill most bacteria and viruses that can cause foodborne illness by cooking meats, poultry, fish and eggs to these internal temperatures:

160 degrees F — Meat, egg dishes and ground meats

165 degrees F — Poultry

Leftovers

Stuffing and casseroles



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