

# be food safe

Food handling safety risks at home are more common than most people think.

The four easy lessons of **Clean, Separate, Cook,** and **Chill** can help prevent harmful bacteria from making your family sick.



Photo courtesy of United Tribes Technical College, Bismarck, North Dakota

## Clean



**WASH** hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

## Separate



**KEEP** raw meat, poultry, and seafood apart from foods that won't be cooked.

## Cook



**USE** a food thermometer – you can't tell food is cooked safely by how it looks.

## Chill



**CHILL** leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.



United States Department of Agriculture  
Food Safety and Inspection Service  
[www.fsis.usda.gov](http://www.fsis.usda.gov)

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## When Cooking at Home

- Cook food to a safe minimum internal temperature. Use a food thermometer to check the internal temperature.
- When cooking food in a conventional oven, set the oven temperature to at least 325 °F.

Food	Internal Cooking Temperature
Ham	Fully Cooked 140 °F Fresh or Cook Before Eating 160 °F Reheated 165 °F
Pork: Chops, Roasts, and Steaks	160 °F
Beef, Veal, and Lamb: Roasts, Chops, and Steaks	Medium Rare 145 °F Medium 160 °F Well Done 170 °F
Buffalo, Venison, Elk, Moose, Caribou, and Antelope	Medium 160 °F Well Done 170 °F
Ground Beef, Veal, Lamb, Pork, Buffalo, Venison, Elk, Moose, Caribou, Antelope, and Rabbit	160 °F
Rolled, Tenderized or Scored Cuts of Beef, Buffalo, Veal, and, Lamb	160 °F
Egg Dishes	160 °F
Casseroles/Combination Dishes/Leftovers (Including Gravy)	165 °F
Ground Poultry (Turkey and Chicken)	165 °F
Chicken, Turkey, Duck, and, Goose	165 °F
Stuffing (Cooked alone or in a bird)	165 °F

### Got Food Safety Questions?



Visit "Ask Karen" at [AskKaren.gov](http://AskKaren.gov) to Ask a Food Safety Question.

Call the USDA Meat & Poultry Hotline: 1-888-MPHOTLINE (1-888-674-6854)

