

More Food and Kitchen Safety

Food Safety Tips

1. Wash all fruits and vegetables before I use them.



2. Use one cutting board and sharp knife for raw meat. Use a different cutting board and sharp knife for other foods.
3. If I have only 1 cutting board, I will make sure to cut all vegetables for the recipe first. Then I will cut the meat. I will remember to always wash my cutting board and knife after every time I use them.
4. Use a timer to cook foods completely.



5. Cook and stir raw meat until all the meat is brown. Use a food thermometer to test when the meat is cooked completely.



Visit www.IsItDoneYet.gov for food safety tips or call USDA Meat & Poultry Hotline at (888) 674-6854.

Cooking Temperatures for Meat

Chicken, turkey	165°F
Egg dishes	160°F
Fish	145°F
Ground hamburger, pork	160°F
Leftovers	165°F
Roasts and chops	145–160°F

Recipe Symbol



Look for this symbol in the recipes when a timer is needed.