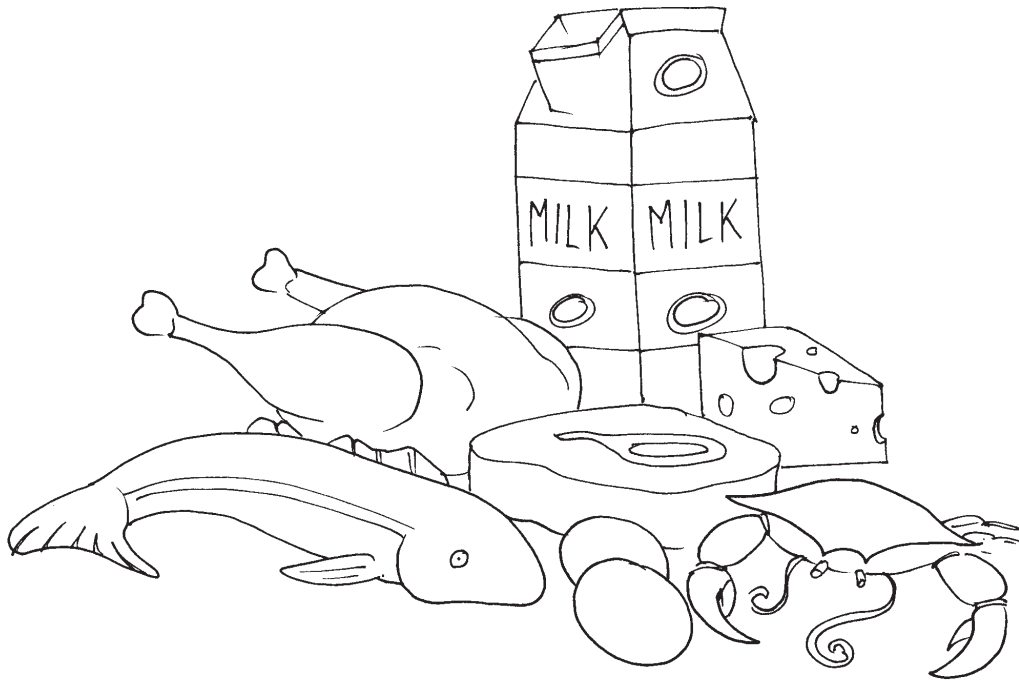


# Keep Your Food Safe



## Keep Your Food Safe

Food that goes bad can make you sick. This is sometimes called food poisoning.

Sometimes when people think they have the flu or a “stomach bug,” they really have food poisoning.



What makes foods go bad? Germs. They get on foods and grow. You cannot see germs on food. You cannot always smell or taste them, either.

These are some of the foods germs like best:

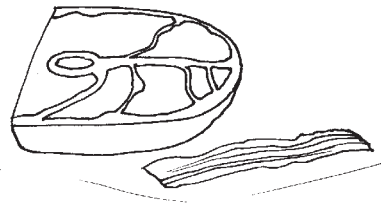
■ Milk and other dairy products



■ Eggs



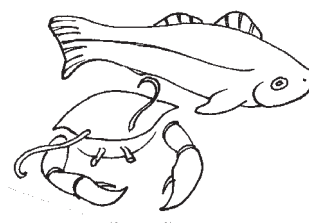
■ Meats



■ Poultry



■ Seafood



You can keep food safe. This booklet tells you how to—

■ buy safe food

*and*

■ keep it safe at home.

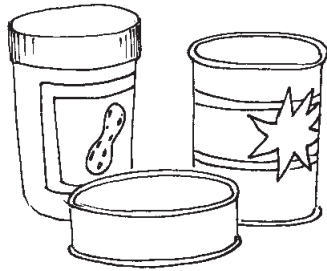


## Safe Food

### *At the Store*

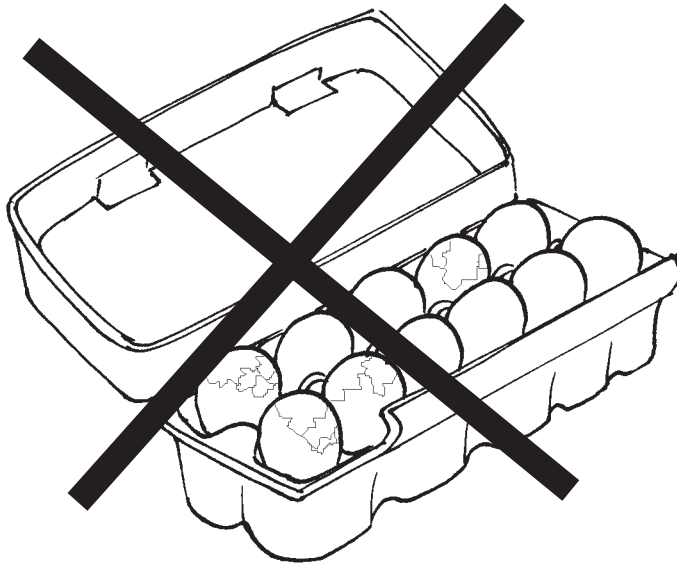
Buy cans and jars that look perfect.

Do the cans have dents? Are the jars cracked? Do they have lids that are not closed tight? The food may have germs that can make you sick.

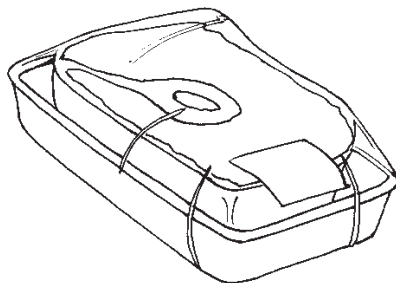




Check eggs, too. Open the carton and see if any eggs are broken or cracked.



Raw meat, poultry, and seafood sometimes drip. The juices that drip may have germs.



Keep these away from other foods. Put raw meat, poultry, and seafood into plastic bags before you put them into your cart.



Pick up milk and other cold foods last. This will give them less time to warm up before you get home.



Save hot chicken and other hot foods for last, too. This will give them less time to cool off before you get home.



## Safe Food

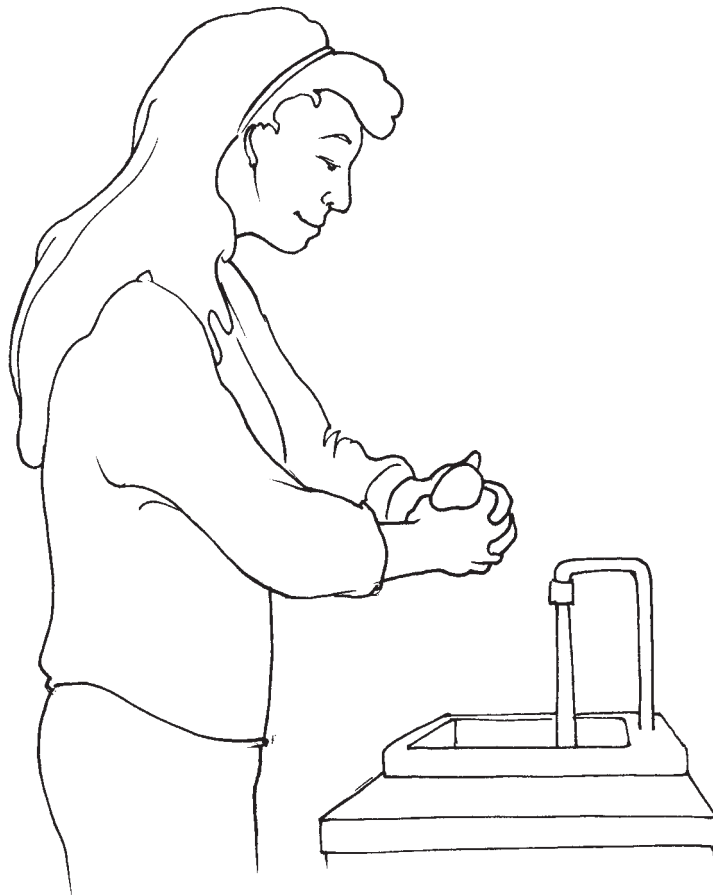
### *At Home*

After shopping, get home as soon as you can. Then put food into the refrigerator or freezer right away. Eggs always go into the refrigerator.

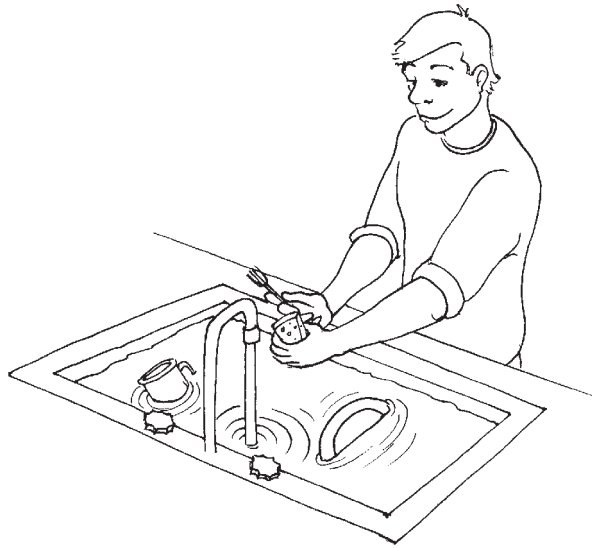


Make sure you and your kitchen are clean.

Always wash your hands before you touch food.  
Use warm water and soap.



Wash everything before and after it touches food.



Wooden cutting boards are hard to clean. Germs hide in the cracks.

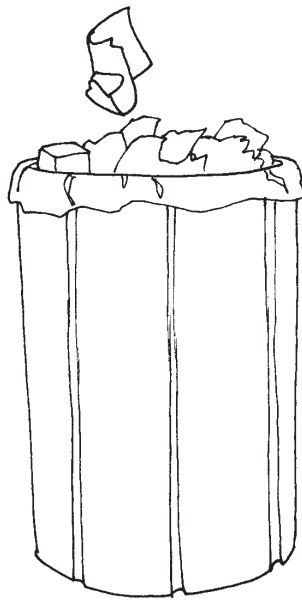


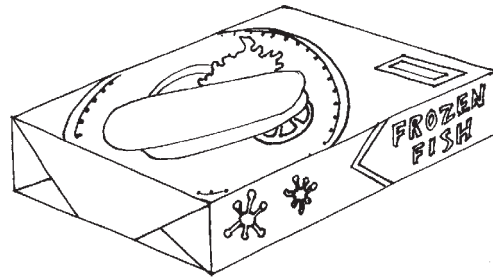
Fresh fruits and vegetables also need to be clean. Rinse them under running water to wash dirt away.

Did you wipe up the  
juices with a dish towel?  
Wash it before you use  
it again.



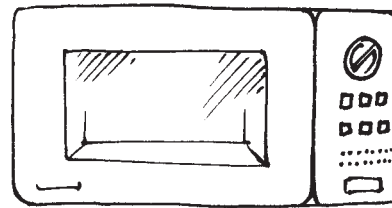
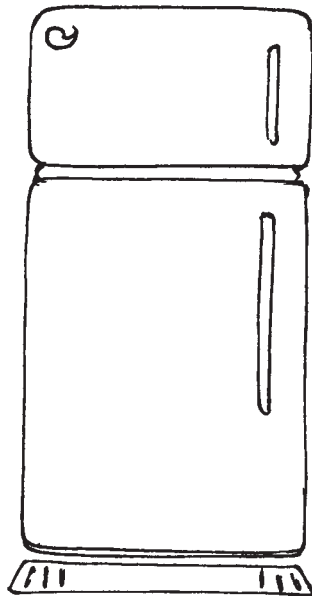
Or use paper towels.





Meat, poultry, and seafood need to stay cold while they thaw. Thaw them:

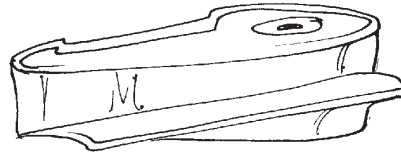
- In the refrigerator. Do it 1 or 2 days before you will cook the food.



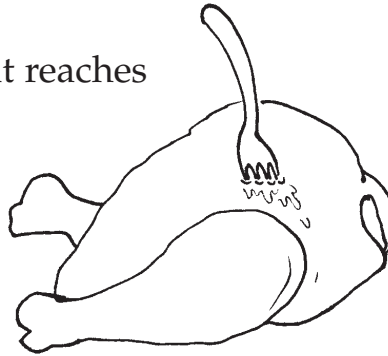
- In the microwave. Use the “defrost” setting. Then cook the food right away.

Raw meat, raw poultry, raw seafood, and raw eggs can make you sick. Cook them until they are done. Use a food thermometer to make sure they are cooked to a safe temperature.

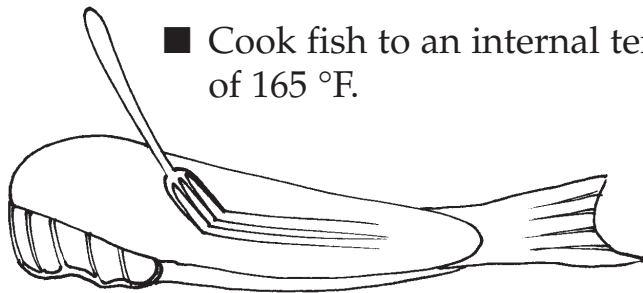
- Cook ground red meat until it reaches 160 °F inside.



- Cook chicken until it reaches 165 °F inside.



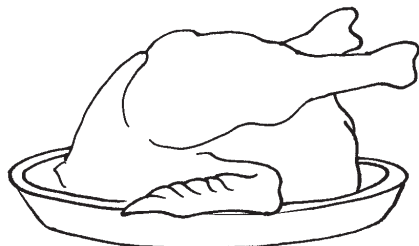
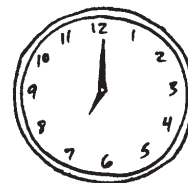
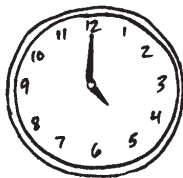
- Cook fish to an internal temperature of 165 °F.



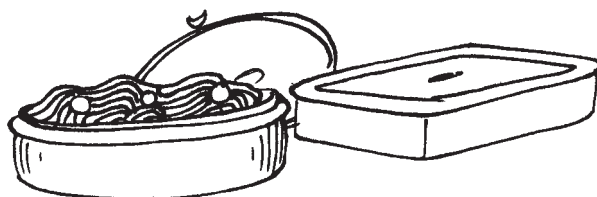
- Cooked egg whites and yolks are firm, not runny.



If food is left out for 2 or more hours, germs can grow.



So, put leftovers in the refrigerator or freezer as soon as you finish eating. Put them in shallow dishes so they cool faster.



Did you put leftovers in the refrigerator? Eat them in the next few days, before they go bad.

## **Keep Your Food Safe**

It is hard to tell if a food is safe. Foods that go bad may look, smell, and taste like other foods.

So be safe.

- Buy safe food.
- Keep food safe at home.



If you think a food might be bad, do not taste it.

Remember this: When in doubt, throw it out!

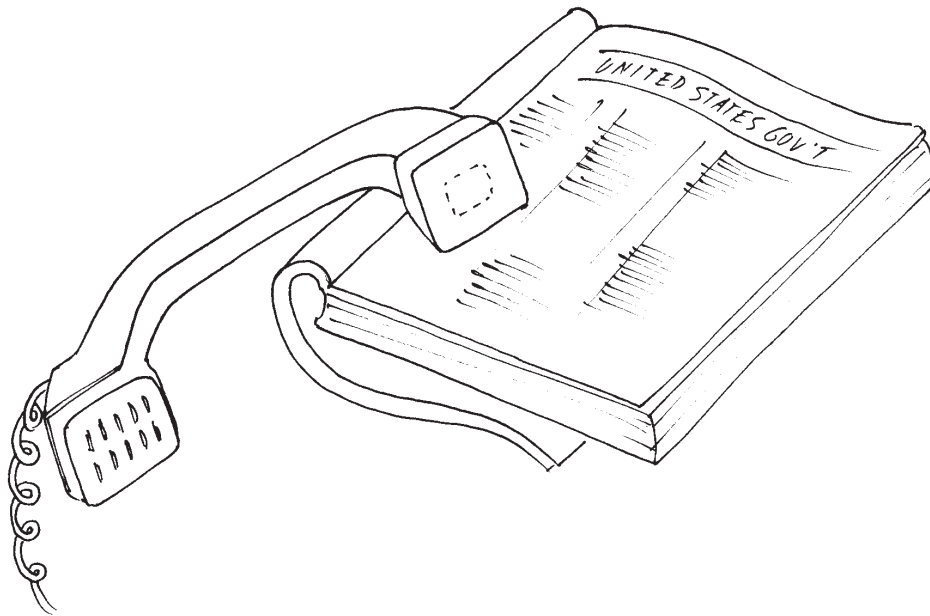


Do you have any questions about food safety? The Food and Drug Administration may have an office near you. Look for their number in the phone book.

Or write: Office of Consumer Affairs  
FDA (HFE-88)  
5600 Fishers Lane  
Rockville, MD 20857

The U.S. Department of Agriculture can also answer your food safety questions. You can call the USDA Meat and Poultry Hotline at—

1-888-674-6854



Adapted from "Keep Your Food Safe," Department of Health and Human Services Publication (FDA) 91-2234.

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