



4 “C”s for Food Safety

1

CLEAN your hands before and after preparing food.

- Use clean utensils and surfaces.
- Use one cutting board for fresh produce or other foods that won't be cooked, and another cutting board for raw meat, poultry or seafood.

2

COOK foods to safe temperatures.

- 165° F – All poultry, casseroles, leftovers
- 160° F – Ground beef, pork, veal and lamb; egg dishes
- 145° F – Fresh beef, pork, veal, lamb (Add 3 minute rest time)
- 140° F or higher – Keep hot foods hot

3

CHILL foods to keep bacteria in check.

- Refrigerate foods within 2 hours of cooking.
- Keep refrigerator temp at 40° F or lower; freezer temp at 0°F or lower.
- Put ice and cold packs in picnic and lunch containers that have cold food.

4

CHECK for contaminated food outbreaks and food recalls at fda.gov/food.

