Prevent foodborne illnesses

3 Steps to Turn this Message into ACTION

1. Check for food recalls and safety alerts:

- Visit **fda.gov** for the latest food recalls.

- People have gotten sick and even died from foods tainted with harmful bacteria. Examples are Listeriosis from cantaloupe, E.coli from spinach, and Salmonella from packaged salads.

2. Keep foods safe to eat:

- Separate raw, cooked, and ready-to-eat foods.

- Wash hands before you handle and prepare foods.

- Rinse raw fruits and veggies under running tap water. Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

- Follow label instructions for proper storage and cooking.

- Thaw frozen foods in the refrigerator or in cold water.

- Keep hot foods at 140ºF or higher and cold foods at 40ºF or lower.

- Eat cooked foods or put them in the refrigerator or freezer within 2 hours (1 hour if the air temperature is 90°F or higher).

3. Cook and keep foods at safe temperatures:

165°F	All poultry
160°F	Ground beef, veal, lamb, pork & eggs
145+°F	Raw beef, veal, lamb, pork & fish
140+°F	Hot foods
40°F	Refrigerator temperature
40°F or lower	Cold foods
0°F	Freezer temperature