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Safe Kitchen Rules

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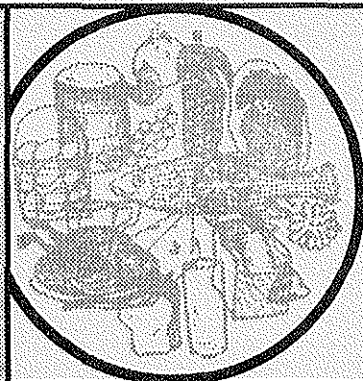
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UTAH STATE UNIVERSITY
COOPERATIVE EXTENSION



FOOD SAFETY FACT SHEET

FOOD SAFETY SERIES

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SAFE KITCHEN RULES

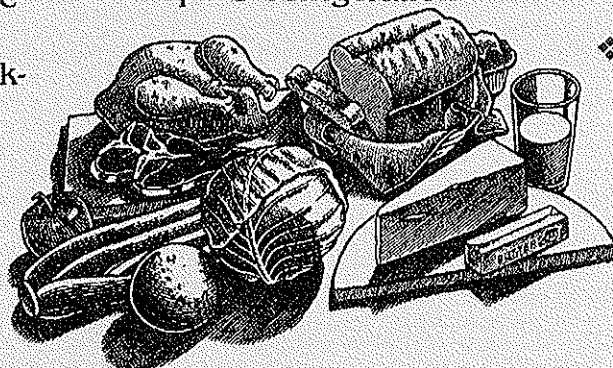
Bacteria which cause food poisoning can be controlled by keeping food hot

- ❖ 165° - 212°F temperatures kill most bacteria
- ❖ 140° - 165°F holding temperatures prevent bacteria growth
- ❖ Two hours maximum holding time
- ❖ Cook meat and poultry thoroughly - at least to medium (140°F)
- ❖ Don't interrupt cooking - cook thoroughly
- ❖ Frozen food should be cooked about 1-1/2 times the normal cooking time
- ❖ Thoroughly reheat leftovers

Cold temperatures prevent bacterial growth

- ❖ Refrigeration temperatures should be 40°F or lower
- ❖ Freezing temperatures should be 0°F or lower
- ❖ When shopping, pick up perishables last, take directly home, and refrigerate immediately
- ❖ Handle meat and poultry as little as possible - leave in store wrap
- ❖ Check canned meat products - some require refrigeration

- ❖ Fresh poultry, hamburger and variety meat should be kept no more than 1-2 days; other meats for 3-5 days
- ❖ Frozen meats should be well wrapped to prevent drying out, and stored no more than 6-12 months
- ❖ The safest thawing technique is in the refrigerator
- ❖ For faster thawing place food in plastic bag and put in cold water
- ❖ Thawing in the microwave is rapid enough to control bacterial growth
- ❖ Never leave food at room temperature more than two hours, including preparation, cooking and serving time



❖ Place all leftovers immediately in refrigerator

❖ Place large amounts of food in shallow containers to refrigerate

Select only safe food

❖ Frozen foods should be solid

❖ Refrigerated food should feel cool

❖ Check dates on products

❖ The "sell by" date is the date product is to be taken off the shelf

❖ The "use by" date is the maximum date which will still be top eating quality

Keep food clean

❖ Store food in appropriate place, refrigerator, freezer or clean, dry place

❖ Keep pets away from food

❖ Store household cleaners away from food

❖ Control household pests (rats, mice, roaches)

❖ Always wash hands before beginning food preparation

❖ Teach children to wash hands

❖ Avoid contact with food if you have a cut or infection on your hand

❖ Do not cough or sneeze on food

❖ Keep dish cloths and towels clean

❖ Use hot soapy water to wash hands, counter tops and utensils

❖ Do not put cooked food on dishes, board or counter tops where raw food has been

Safe microwave cooking

❖ Allow standing time (10-15 minutes) for even heating of food

❖ Use meat thermometer to check for doneness

❖ Covers, lids and cooking bags give more even cooking temperatures

❖ Never use microwave for home canning



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