SAFE COOKING TEMPERATURES

Food	Safe internal cooking temperature
Ground meat	
Beef, pork, veal, lamb	160° F
Poultry	165° F
Beef, veal, lamb (whole cuts)	
Medium rare	145° F
Medium	160° F
Well-done	170° F
Poultry	
Whole birds	180° F
Breasts	170° F
Legs, thighs, wings	180° F
Pork (fresh)	
Medium	160° F
Well-done	170° F
Ham	
Fresh	160° F
Cooked	140° F
Fish and shellfish	145° F for at least 15 sec.
Egg dishes	160° F
Other: casseroles, combination dishes, stuffing, stews, leftovers	165° F

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Food Safety
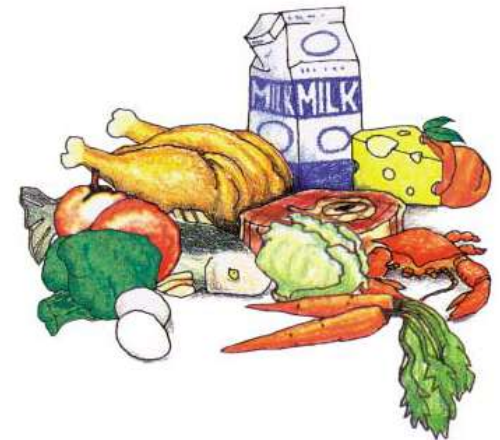
HARRISON COUNTY HEALTH DEPARTMENT

EIGHT WAYS TO PREVENT FOOD-BORNE ILLNESS

Food-borne illness, also referred to as food poisoning, is a digestive infection caused by eating contaminated food. Food supplies in the US are inspected and are generally safe, but it's impossible to keep the entire food supply completely free of potentially dangerous bacteria. For this reason, YOU ARE THE FINAL DEFENSE AGAINST FOOD HAZARDS.

1. **Wash your hands, utensils, and food surfaces often.**
   - Wash fruits and vegetables thoroughly in running tap water, especially those that won't be cooked.
   - Don't put washed produce back in its original container.
   - Wash your meat thermometer between uses.
   - Wash your hands after using the bathroom, changing diapers or playing with pets.
   - Wash dishcloths and towels often in hot water or with chlorine bleach.

2. **Keep raw food separate from ready-to-eat foods.**
   - Tightly wrap raw meat so leaking juices won't drip onto other food.
   - Use separate cutting boards for raw meats and ready-to-eat foods such as breads and vegetables.
   - Use one plate for raw meats and another for cooked foods.

3. **Cook foods to a safe temperature.**
   - Reheat leftovers to an internal temperature of at least 165°F.
   - Heat sauces, soups, and gravies to a boil.

   - Don't serve unused marinade unless it has been cooked at a rolling boil for at least 3 minutes.
   - See chart on back for more.

4. **Refrigerate or freeze perishable foods promptly.**
   - Refrigerate or freeze perishable foods within 2 hours of buying or preparing them.
   - Marinate food in the refrigerator instead of on the counter.
   - Put leftovers into shallow containers for quick cooling in the refrigerator or freezer.
   - Use refrigerated leftovers within 4 days.

5. **Defrost food safely:**
   - In the refrigerator.
   - In the microwave on the "defrost" setting.
   - In cold water in a sealed package, changing the water every 30 minutes.

6. **Use caution when serving food.**
   - Avoid letting food sit out on the table after meals.
   - Throw out leftovers that have been at room temperature for more than 2 hours, or in hot weather for more than 1 hour.
   - If cold food needs to be out for more than 2 hours, use a tray of ice under it to keep it cold. Replace ice as it melts.
   - If hot food must sit out for more than 2 hours, use warming trays or slow cookers to keep the food hot.

7. **When in doubt, throw it out.**
   - If you aren't sure a food has been prepared, served, or stored safely,

   discard it. Food left at room temperature too long may contain bacteria that can't be destroyed by cooking.

8. **Know when to avoid certain foods altogether.**
   Food-borne illnesses are especially serious and potentially life-threatening for children, pregnant women and their babies, older adults, and people with a weakened immune system. These individuals should avoid:
   - Raw or rare meat
   - Raw or undercooked fish or shellfish, including oysters and sushi
   - Raw or undercooked eggs or foods that may contain them, such as cookie dough or homemade ice cream
   - Raw sprouts
   - Unpasteurized juices and ciders
   - Unpasteurized milk and milk products
   - Unpasteurized cheeses and blue-veined cheese
   - Uncooked hotdogs, luncheon meats and deli meats

THE BOTTOM LINE

Keep hot food hot. Keep cold food cold. Keep everything, especially your hands, clean.