

It is important to know about food safety. It may help you keep from getting sick. Learn about ways to keep your food safe.

Clean

- Wash hands frequently for 20 seconds with soap and warm running water.
- Wash surfaces, dishtowels, and cutting boards between foods. Do not use sponges.
- Wash knives, forks and spoons used to prepare, serve, and eat food often. Use soap and hot water or dishwasher.
- Rinse all fruits and vegetables, even those with skins and rinds that are not eaten. If the produce appears damaged, throw it away.
- Clean the lid of all canned foods before opening.

Separate

- Keep meat and eggs away from other foods when shopping and in the refrigerator.
- Use different utensils, plates, and cutting boards for each food. Keep foods that need to be cooked away from foods that are ready to be served.
- Do not reuse marinades used on raw foods unless they are boiled first.

Keep hot food hot

- Bacteria that cause food poisoning grow quickest between 40°F and 140°F
- Use a food thermometer.
- Keep hot food over 140°F after cooking.
- Check for safe internal temperatures of these cooked foods:

145° F	160° F	165° F
Whole, pieces, roasts, or chops of beef, pork, lamb, fish, and seafood. Let sit 4 minutes before cutting.	Ground beef, pork, lamb, fish, seafood, and egg dishes.	Whole, pieces, or ground turkey, chicken, and duck, sausages, hot dogs, deli meats, casseroles, and left overs.

Keep cold food cold

- Keep your refrigerator temperature below 40°F.
- Put away foods that need to be kept cold within two hours.
- Thaw meat in the refrigerator or in the microwave. Never thaw foods on the counter.
- Keep leftover food in a sealed container. Keep it for 3 to 4 days in the refrigerator or 1 to 2 months in the freezer.

Unsafe Foods

There are some foods and drinks that may not be safe for all children. Children are more likely to get sick from the following foods and drinks:

- Unpasteurized milk and milk products, like raw cheese. Look for the word pasteurized on the carton or product to be safe.
- Unpasteurized juices. Look for the word pasteurized on the carton to be safe.
- Raw sprouts (alfalfa, bean, or any other).
 - Raw or undercooked eggs, like some Caesar salad dressings and hollandaise sauce. Make sure yolks are cooked all the way through, or try scrambled eggs.
 - Uncooked foods made with raw eggs. This may include cookie dough and cake batter.
 - Raw or undercooked fish and seafood. This may include sushi or ceviche.
 - Raw or undercooked meats. Ask for meats to be cooked to well-done.
 - Food past its “use by” date.
 - Hot dogs, deli meats, and luncheon meats that have not been reheated to 165°F.

For More Information:

<https://www.foodsafety.gov> More information about food safety and food allergies.

www.fda.gov/food More information about food safety, food allergies, food recalls, and more.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.