

# FOOD SAFETY TIPS

Follow these precautions to help prevent food poisoning and ensure delicious meals!

## Thaw

**Refrigerator:** Place covered food in a bowl or on a plate on the bottom shelf for at least 12 hours.

**Cold Water:** Place food in a leak-proof plastic bag and submerge in cold tap water, changing the water every 30 minutes.

**Microwave:** Place food in a bowl or on a plate and follow microwave and package instructions.

Cook thawed food immediately.

## Prepare

**Clean:** Wash your hands with soap and warm water for at least 20 seconds before and after handling food.

Wash any used utensils, cutting boards, and countertops with soap and hot water after handling food.

Rinse produce (not raw meat or eggs) with only tap water.

**Separate:** Keep raw meat away from other food.

## Cook

Cook food to the minimum internal temperature listed below before removing from heat source.

| Food                  | Degrees Fahrenheit |
|-----------------------|--------------------|
| <b>Beef/Pork/Lamb</b> |                    |
| Ground                | 160                |
| Chops/Roast/Steak     | 145*               |
| Chicken/Turkey        | 165                |
| Fish/Shellfish        | 145                |
| Eggs                  | 160                |
| Leftovers             | 165                |

## Serve

**Regulate:** Keep hot food at 140 degrees Fahrenheit or warmer and cold food at 40 degrees Fahrenheit or cooler.

**Store:** Refrigerate or freeze perishable food within two hours when left out at room temperature or within one hour when left out at 90 degrees Fahrenheit or warmer.

Refreeze refrigerator-thawed meat before or after cooking, and cold water- or microwave-thawed meat after cooking.

\*Allow to rest for at least three minutes.

**Questions**  
678.377.4010

**Sources**  
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# FOOD STORAGE TIPS

Follow these precautions to help prevent food poisoning and ensure delicious meals!

## Pantry

Maintain temperature between 50 to 70 degrees Fahrenheit.

Keep clean, dry, and pest-free. Discard bulging, dented, leaking, or rusted food immediately.

Store food in tightly sealed plastic, glass, or metal containers for the safe length of time.

## Refrigerator

Maintain temperature at 40 degrees Fahrenheit or cooler.

Keep clean. Discard spoiled food immediately.

Store food in air-tight containers or with air-tight wraps for the safe length of time.

## Freezer

Maintain temperature at 0 degrees Fahrenheit or cooler.

Package food in plastic freezer containers/bags/wrap or heavy duty aluminum foil, and spread out in a single layer until frozen.

Wrap meat and poultry in its original packaging with foil or plastic wrap, and blanch vegetables in boiling water or steam before freezing.

## Storage Chart

| Food                  | Fridge (Days) | Freezer (Months) |
|-----------------------|---------------|------------------|
| <b>Beef/Pork/Lamb</b> |               |                  |
| Ground/Stew           | 1 – 2         | 3 – 4            |
| Chops/Roast/Steak     | 3 – 5         | 4 – 12           |
| Bacon                 | 7             | 1                |
| Leftovers             | 3 – 4         | 2 – 3            |
| <b>Chicken/Turkey</b> |               |                  |
| Ground/Patties        | 1 – 2         | 3 – 4            |
| Pieces                | 1 – 2         | 9                |
| Whole                 | 1 – 2         | 1 year           |
| Leftovers             | 3 – 4         | 4 – 6            |
| Nuggets/Patties       | 1 – 2         | 1 – 3            |
| <b>Seafood</b>        |               |                  |
| Fish                  | 1 – 2         | 3 – 8            |
| Shellfish             | 1 – 2         | 3 – 12           |
| Leftovers             | 3 – 4         | 3                |
| <b>Eggs</b>           |               |                  |
| In Shell              | 3 – 5 weeks   | –                |
| Boiled                | 1 week        | –                |
| Leftovers             | 3 – 4         | 2                |
| <b>Other</b>          |               |                  |
| Meat/Pasta Salad      | 3 – 5         | –                |
| Pizza                 | 3 – 4         | 1 – 2            |
| Soup/Stew             | 3 – 4         | 2 – 3            |

### Questions

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### Sources

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