CLEAN

Wash your hands and surfaces often. Germs that cause food poisoning can survive in many places and spread around your kitchen.

- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh <u>fruits and vegetables</u> under running water.

CDC

Separate: Don't cross-contaminate.
Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.

- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.

Cook: To the right temperature.
Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.

- Use a food thermometer to ensure foods are cooked to a safe internal temperature.
  - 145°F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
  - 160°F for ground meats, such as beef and pork
  - 165°F for all poultry, including ground chicken and turkey
  - 165°F for leftovers and casseroles
  - 145°F for fresh ham (raw)
  - 145°F for fin fish or cook until flesh is opaque

Refrigerate Promptly.

- Keep your refrigerator at 40°F or below and know when to throw food outexternal icon.
- Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

CHILL

Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if it's hotter than 90°F outside).

CDC

It is normal to have leftovers in the room after a meal. However, such leftovers have become a source of health challenges for college students. Some of the foods should not be eaten several hours after serving. The storage environment for the leftover could also make them poisonous.

- Consume cooked and perishable food within 2 hours, or discard.
- Do not leave cooked food at room temperature for more than 2 hours, discard if unable to consume or refrigerate (below 40°F) within 2 hours.
- Store the food in a hygienic place. Invest in a small fridge and keep the storage environment clean.
- Warm the leftovers when it is time to eat. Reheat leftovers to an internal temperature of at least 165°F. Warming kills germs besides making your food tasty.

Mini-Refrigerator Food Safety

Using your mini fridge safely means paying as much attention to the inside as you do the outside.

As the season's change, adjust your mini fridge temperature dial as needed to maintain an internal temperature of 40 degrees Fahrenheit or cooler. According to the Academy of Nutrition and Dietetics, warmer temperatures encourage the rapid growth of bacteria that can cause foodborne illnesses. The Academy also recommends cleaning any spills right away, and making sure you don't pack your fridge too full. Proper air circulation inside the fridge helps to keep your food at a safe temperature.

Food Safety Tips During COVID-19

Grocery Shopping

- Use disinfectant to wipe down cart or basket
- Examine produce with your eyes, not hands. Wash before eating
- Wipe down reusable shopping bags before and after use

Takeout & Delivery

- Ask for no-contact delivery: pay ahead of time and have order left at the door
- Wash hands after removing food from packaging and after throwing packaging away

Meal Delivery Kits

- Wash hands before opening boxes and after emptying them
- Practice normal safe food handling procedures, like separating meat and poultry from other foods

THANK YOU HAVE A NICE DAY!

verywell

COLORADO COLLEGE
The Wellness Resource Center