



# Home Safety - Cooking

WEEK 6: 29 JUNE, 2020

## FOOD SAFETY IN 4 STEPS

**Did you know that 1 in 6 Americans will get sick from food poisoning this year alone? Food poisoning not only sends 128,000 Americans to the hospital each year - it can also have long-term health consequences.** Following four simple steps - **clean, separate, cook and, chill** - can help keep your family safe from food poisoning at home.

### 1. CLEAN

**Wash your hands** before, during, and after preparing food; after handling raw meat, poultry, seafood, and eggs and always before eating.

**Wash surfaces and utensils** after each use. Use hot, soapy water especially after they've held raw meat, poultry, seafood, or eggs. Wash dish cloths often in the hot cycle of your washing machine.

**Wash fruits and vegetables, but not meat, poultry, or eggs.** Rinse fruits and vegetables under running water without soap, bleach, or commercial produce washes. Scrub firm produce like melons or cucumbers with a clean produce brush. Dry produce with a paper towel or clean cloth towel. Don't wash meat, poultry, eggs, or bagged produce marked "pre-washed".



### 2. SEPARATE

**Don't Cross Contaminate.** Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs. Use one cutting board for fresh produce or other foods that won't be cooked before they're eaten. Use separate plates and utensils for cooked and raw foods.

**Keep certain types of food separate.** At home, place raw meat, poultry, and seafood in containers or sealed plastic bags. Freeze them if you're not planning to use them within a few days. In the fridge, keep eggs in their original carton and store them in the main compartment—not in the door.



### 3. COOK

**Cook to the Right Temperature.** Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick. Use a food thermometer to be sure your food is safe. Keep food hot after cooking if you're not serving it right away. Keep it out of the temperature danger zone by using a heat source like a chafing dish, warming tray, or slow cooker. Microwave food thoroughly. Read package directions for cooking and follow them exactly to make sure food is thoroughly cooked. Stir food in the middle of heating.



### 4. CHILL

**Refrigerate and Freeze Food Properly.** Refrigerate perishable foods within 2 hours. Never leave perishable foods out of refrigeration for more than 2 hours. If the food is exposed to temperatures above 90°F (like a hot car or summer picnic), refrigerate it within 1 hour. Leftovers should be placed in shallow containers and refrigerated promptly to allow quick cooling. Never thaw or marinate foods on the counter. The safest way to thaw or marinate meat, poultry, and seafood is in the refrigerator. Freezing does not destroy harmful germs, but it does keep food safe until you can cook it. Be sure you throw food out before harmful bacteria grow.



### USA RECOMMENDED SAFE MINIMUM INTERNAL TEMPERATURES

- **145°F - Beef, Pork, Veal, Lamb steaks, roasts, and chops**
- **145°F - Fish**
- **160°F - Ground Beef, Pork, Veal, and Lamb**
- **160°F - Egg Dishes**
- **165°F - Turkey, Chicken, Duck, whole, pieces and ground**
- **165°F - Reheating any pre-cooked meat**

## HOW TO STORE FOOD SAFELY

When stored properly, foods remain safe and retain their quality, nutrients and flavor or longer. Proper food storage will reduce your risk of food poisoning and also stretch your wallet since your food won't spoil as quickly.



**Meat, Poultry and Fish** Keep packages of raw meat, poultry and fish in a separate plastic bag, bowl or pan on the lowest refrigerator shelf. This keeps juices from dripping onto other foods, and the lowest shelf is usually the coldest. Use fresh meat, poultry and fish within a couple days.

**Eggs** Keep eggs in their carton, not in the egg tray or door shelf. Use fresh eggs in the shell within three to five weeks.

**Fruits and Vegetables** Refrigerate fruits and vegetables. Wash fresh produce just before using, and dry all fresh produce thoroughly with a paper towel afterwards. Keep produce in crisper bins in the refrigerator. Keep fruit in a separate crisper because fruit gives off ethylene gas that can shorten storage life.

**Fresh Dairy Products** Refrigerate all dairy products in the back of the refrigerator because it's colder. Cover well so they don't pick up other odors.

**Grains and Canned Foods** If stored properly in airtight containers, most whole-grain flours and meals will keep for 1 to 3 months on a cool, dry pantry shelf or 2 to 6 months in the freezer. Once canned foods have been opened, transfer them to a clean, covered container before refrigerating.

**Leftovers** Refrigerate promptly – even if leftovers are still warm – to ensure they don't enter the danger zone, between 40°F and 140°F. Store large amounts of leftovers in several small, shallow containers to cool faster. Carefully date leftovers and keep them at the front of the refrigerator where you can see them and use them right away. Discard all leftovers after four days. Remove as much air as possible from storage bags to keep foods fresh longer. The less you handle food, the better. Refrigerate promptly and properly to reduce your risk of food poisoning. Never thaw or marinate foods on the counter. Also, toss expired foods.

For more information, visit [foodsafety.gov](http://foodsafety.gov).

## TIPS FOR COOKING MEAT

**Meat and poultry may carry E. coli, Salmonella, Campylobacter, Toxoplasmosis, Trichinella spiralis, and Listeria. Fish and seafood may carry Vibrio cholerae and hepatitis A.**

Thorough cooking is required to kill these disease-causing agents. The correct end point temperature will ensure the bacteria is destroyed. Different types of meat have different safe temperatures, because they may have different types of bacteria. You will find a list of recommended internal temperatures on the first page.

The length of time required to achieve these temperatures will depend on:

- ◆ The amount of meat and the size of the pieces being cooked.
- ◆ Whether the meat is cooked from the fresh, thawed or frozen state.
- ◆ The cooking method and the type of equipment used for cooking.

Other points to keep in mind to cook meat safely include:

- ◆ Turn meat over at least once during grilling.
- ◆ If you cook meat from frozen state, add 10-20 minutes cooking time per pound.
- ◆ Never brown or partially cook meat and then refrigerate.

Color is not a reliable indicator of properly cooked meat. In fact, meat may appear brown before it is fully cooked, especially for whole cuts of meat. On the other hand, some meat may look pink even when it is fully cooked. Checking the internal temperature is the only way to be certain that it has been cooked to a safe temperature.

A meat thermometer can help you prevent foodborne illness and overcooking. There are several types of meat thermometers so make sure you read the directions and know how to use it. And remember to wash your thermometer after each check of temperature.

For information on the latest food safety recalls and outbreaks, go to the CDC website [foodsafety.gov](http://foodsafety.gov)



### CAMP PENDLETON SAFETY CENTER

We provide a wide range of safety support services aimed at preserving combat readiness by identifying hazards and reducing risk to people and resources. We perform inspections, provide technical support, assist with safety program implementation, conduct mishap investigations, and offer safety training opportunities for all base personnel to include tenant commands. We want to empower all Sailors, Marines, civilians, and their families to embrace a proactive culture of risk identification and management to achieve zero preventable mishaps.

Have a question? Email us at: [Cpen\\_safety\\_help@usmc.mil](mailto:Cpen_safety_help@usmc.mil)

Commanding General's Safety Hotline: 760.763.7233