

## Having left-overs for dinner?

- ▶ Freeze left-overs that you won't eat within a few days.
- ▶ Cover and reheat left-overs to 165 degrees Fahrenheit or until steaming hot.
- ▶ Stir foods while you reheat them to make sure that all the food warms up evenly.
- ▶ Reheat sauces, soups, and gravies to a boil for at least 1 minute before serving.
- ▶ Never taste foods that looks or smells strange to see if you can still eat it.



**Remember:  
When in doubt,  
throw it out!**

**Have questions?  
Call us! We are here to help.**

**Meriden Health Department  
Environmental Health  
165 Miller Street  
Meriden, CT 06450  
(203) 630-4226  
[www.meridenhealth.com](http://www.meridenhealth.com)**



More information on food safety can  
be found at:

[www.fightbac.org](http://www.fightbac.org)  
[www.homefoodsafety.org](http://www.homefoodsafety.org)  
[www.foodsafety.gov](http://www.foodsafety.gov)  
[www.usda.gov](http://www.usda.gov)

And at the  
Meriden Health Department!

# **Food Safety In Your Home**



***Keep Your Family Safe***

---

**Meriden Health Department  
Environmental Health  
165 Miller Street  
Meriden, CT 06450  
(203) 630-4226  
[www.meridenhealth.com](http://www.meridenhealth.com)**

# You CAN prevent foodborne illness!

Bacteria in food can make us sick. You cannot see, taste, or smell most bacteria. Follow these steps to help protect you and your family from foodborne illness:

## 1. Wash your hands!

Wash your hands with warm water and soap for 20 seconds before and after touching food, especially if you are handling raw meats.

## 2. Keep cold foods cold, and hot foods hot.

Avoid the danger zone! Cold foods should be kept below 40 degrees Fahrenheit, and hot foods above 140 degrees Fahrenheit.

## 3. Thaw foods in the fridge.

Do not thaw food on the counter or in the sink.



*It must have been something I ate!*

## 4. Wash all places raw food touches with hot, soapy water.

This includes your hands, knives, cutting boards, and counter tops, and any other surface before the next use. Never place cooked food or fruits and vegetables on a plate or other surface which previously held raw meat, poultry, or seafood.

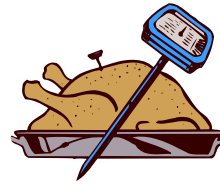
## 5. Do not leave food out at room temperature.

Put food in the fridge right after grocery shopping and after making food.

## 6. Cook all meats well

Cook chicken to 165 degrees.

Cook hamburger to 160 degrees, or until the middle is brown and the juices run clear. Use the handy chart in this brochure as a guide—hang it on your fridge!



## 7. Freeze or fridge left-overs.

Put left-overs in the fridge or freezer within 2 hours after cooking, and divide large amounts into small, shallow containers for quick cooling. This will stop bacteria from growing.

## 8. Wash fresh produce (fruits and vegetables) with water before eating.

## Heat It Up!

| <u>Cook</u>                            | <u>To:*</u>   |
|--|---|
| <b>Ground Meat &amp; Meat Mixtures</b> |   |
| Beef, Pork, Veal, Lamb                 | 160 F   |
| Turkey, Chicken                        | 165 F   |
| <b>Fresh Beef, Veal, Lamb</b>          |   |
| Medium rare                            | 145 F   |
| Medium                                 | 160 F   |
| Well done                              | 170 F   |
| <b>Poultry (Chicken)</b>               |   |
| Whole poultry & parts                  | 165 F   |
| Stuffing (cooked alone or in bird)     | 165 F   |
| <b>Fresh Pork</b>                      |   |
| Medium                                 | 160 F   |
| Well done                              | 170 F   |
| <b>Eggs &amp; Egg Dishes</b>           |   |
| Eggs                                   | until yolk & white are firm                         |
| Egg dishes                             | 160 F   |
| <b>Seafood</b>                         |   |
| Fin fish                               | 145 F   |
|  | (Or flesh is opaque & separates easily with a fork) |
| <b>Left-overs (reheat)</b>             | 165 F   |

\* degrees Fahrenheit