

# Food Safety Basics

Safe steps in food handling, cooking, and storage are essential to prevent foodborne illness. In every step of food preparation, follow four basic steps to keep food safe.

## CLEAN



WASH HANDS AND SURFACES OFTEN

- Always wash hands with warm water and soap for 20 seconds before and after handling food, changing diapers, or using the toilet.
- After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables in running tap water to remove visible dirt and grime.

## SEPARATE



SEPARATE RAW MEATS FROM OTHER FOODS

- Keep raw meat, poultry, fish, and their juices away from other food.
- Marinate meat and poultry in a covered dish in the refrigerator.
- Put cooked meat on a clean dish rather than the one that held the raw meat.

## COOK



COOK TO THE RIGHT TEMPERATURE

- Cook all raw beef, pork, lamb, and veal **steaks** to an internal temperature of 145°F as measured with a food thermometer.
- Cook all raw **ground** beef, pork, lamb, and veal to an internal temperature of 160°F as measured with a food thermometer.
- Cook all poultry to an internal temperature of 165°F as measured with a food thermometer.

## CHILL



REFRIGERATE FOOD PROMPTLY

- Do not leave perishable food out more than 2 hours at room temperature – 1 hour if the temperature was above 90°F.
- Keep your refrigerator set at 40°F or below. Use a fridge thermometer to check.



**DCHHS**  
*Safe families, healthy lives.*

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