

(Cut along dotted line and save)

### Safe Cooking Temperatures

Food	Internal Temperature
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#### Beef, Veal, Lamb

Roasts, Steak	145-175°F
Ground Beef	160°F

#### Pork

Ribs, Chops, Roasts	160-170°F
Sausage (fresh)	160°F
Ground pork	160°F

#### Poultry

Chicken	180°F
Duck	180°F
Turkey	180°F
Ground poultry	160°F

#### Eggs

Fried, Poached	Until yolk is firm
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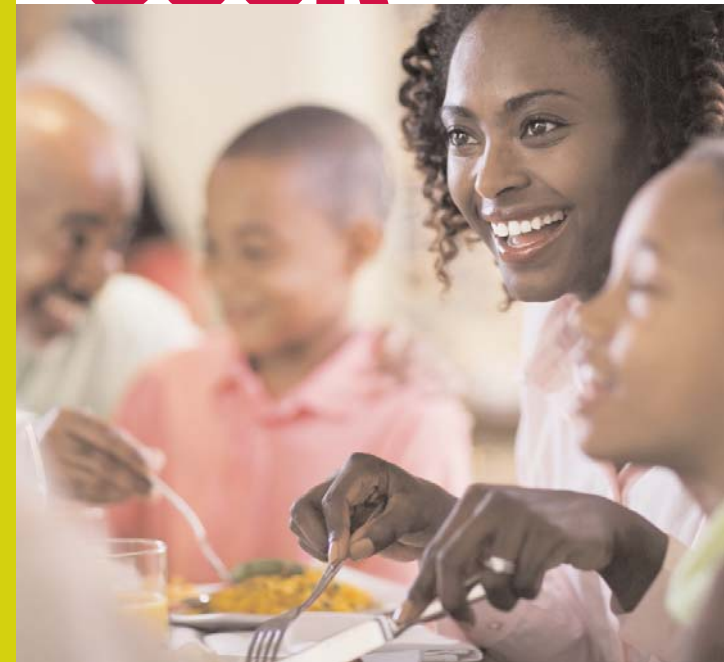
**Boston Public Health Commission**  
Communicable Disease Control Division

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# CHILL CLEAN SEPARATE COOK



### AT THE STORE

When buying food at the store, be sure to check the expiration date. Do not buy expired food. Do not buy food packages with holes or tears. **When in doubt throw it out!**

**Keep your family healthy.  
Be food safe.**

Boston Public Health Commission  
Communicable Disease Control Division

Mayor Thomas M. Menino

## CHILL



- When you get home from the store, place appropriate food items in the refrigerator or freezer right away
- Refrigerator temperatures should be at 40°F. Freezer temperatures should be below 0°F
- Do not leave cooked meat or other foods out at room temperature for more than four hours
- Freeze or refrigerate leftovers immediately. Keep leftover meat well wrapped in the refrigerator

## CLEAN



- Wash your hands with soap and warm water before and after preparing food
- Wash surfaces and utensils with clean, warm, soapy water before and after preparing food. Keep everything that touches food clean
- Be sure to use a clean cutting board in good condition and wash cutting boards with clean, warm, soapy water before each use
- Wash all fruits and vegetables with clean drinking water and use a brush if needed



## SEPARATE

- Remember to keep juices from raw meat, poultry, or fish from coming in contact with other foods, cooked or raw. These juices contain germs
- Use separate plates for raw and cooked meat, fish, or poultry
- Consider using one cutting board for meat or poultry and one for ready-to-eat food



## COOK

- Never eat raw seafood, poultry, meat, eggs, or food containing raw eggs. Be sure egg yolks are cooked thoroughly so they are not runny
- Thaw food in the refrigerator or in a microwave oven according to directions. Never defrost meat on the kitchen counter or in warm water
- Cook food to proper temperatures. Use a thermometer to make sure food reaches appropriate temperatures (see chart)
- Do not interrupt cooking by partially cooking food and then finishing later
- When serving, keep hot foods hot and cold foods cold
- Leftover sauces and soups should be reheated to a boil for at least one minute before serving