Be Food Safe!
Prepare With Care

Clean. Wash hands, utensils, and surfaces often.

Separate. Use separate cutting boards for fresh produce and raw meat. Never place cooked food on a plate that held raw meat. When storing, place raw meat, seafood, and poultry in sealed containers on the bottom.

Cook. Use a food thermometer.

Chill. Chill food promptly.

Wash Your Hands!
• Wash hands frequently with soap and clean, running water before and throughout food preparation.
• Rub hands together to make a lather. Scrub the backs of hands, between fingers, and under nails.
• Continue rubbing hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
• Rinse hands well under clean, running water. Dry hands using a clean paper towel or use hand dryer.

Note: These temperatures are recommended for consumer cooking. They are not intended for processing, institutional, or foodservice preparation. Foodservice workers should consult their state or local food code, or health department.
Cooking for Groups and Outdoor Events

Whether preparing food for a family reunion or a community gathering, people who are great cooks at home don’t necessarily know how to safely prepare and store large quantities of food for large groups. Food that is mishandled can cause foodborne illness. However, by following some simple steps, volunteer cooks can make the event safe and successful!

**Plan Ahead**

Make sure the location meets your needs. When preparing food for large groups, be sure you have enough oven, stovetop, refrigerator, freezer, and counter space.

**Store and Prepare Food Safely**

Refrigerate or freeze perishable food within two hours of shopping or preparing; one hour when the temperature is above 90°F. Find separate preparation areas in the workspace for raw and cooked food. Never place cooked food back on the same plate or cutting board that held raw food.

**Cook Food to Safe Temperatures**

Use a food thermometer to check the internal temperature of meat, poultry, casseroles, and other food. Check the temperature in several places to be sure food is cooked to a safe minimum temperature. It’s the only way to tell if harmful bacteria are destroyed.

**Chill Cooked Foods Quickly**

Refrigerate foods quickly because cold temperatures limit the growth of harmful germs. Divide large amounts of food into shallow (2” - 4” deep) containers. Pack ice around food containers to rapidly cool hot foods. Don’t over pack refrigerators or coolers to allow air to circulate properly.

**Transport Food Safely**

Keep hot food at or above 140°F. Wrap well and place in an insulated container. Keep cold food at or below 40°F. Place in a cooler with a cold source such as ice or frozen gel packs.

**Reheat Food Properly**

Food must be hot and steamy for serving. Use the stove, oven, or microwave to reheat foods to 165°F. Bring sauces, soups, and gravies to a boil. Use a thermometer to check temperatures.

**Keep Food Out of the Danger Zone (40°F - 140°F)**

Keep hot food at or above 140°F. Place cooked food in chafing dishes, warming trays or slow cookers. Keep cold food at or below 40°F. Place food in containers on ice.

**When in Doubt, Throw it Out**

Discard food left out at room temperature for more than two hours, one hour when the temperature is above 90°F. Place leftovers in shallow containers. Refrigerate or freeze food immediately.

Some content adapted from www.BeFoodSafe.gov