

NutraPlanet

Keeping Food Safe

Here are some ways to prevent food contamination.

1 Keep it clean.



Wash your hands.



Wash kitchen utensils.



Wash fruits and vegetables in running water.

2 Avoid mix-ups.



Separate raw meats from ready-to-eat food.



Use individual serving utensils.

3 Cook it well.



Cook food to the right temperature.

MINIMUM INTERNAL TEMPERATURE

-  Chicken: 165°F
-  Pork: 145°F
-  Ground Beef: 160°F
-  Beef Steaks/Roasts: 145°F + 3-minute rest

4 Keep it safe.



Place cooked food in separate containers.



Top Shelf: Ready-to-eat foods and drinks

Middle Shelf: Dairy and eggs

Bottom Shelf: Raw meat and fish

Crisper Drawers: Produce



Follow package cooking instructions.



Reheat food before serving.