

# KEEP FOOD SAFE FOR YOUR FAMILY



You can't see the germs in your food. The germs can make you sick if you do not handle the food right. When you get sick from food it is called foodborne illness. Keeping your food safe can keep you and your family from getting sick.

## Germs grow in many places. Before you cook:



- Wash all counter tops, cooking surfaces, tools and pots.
- Wash your hands with soap and warm water:
  - After you hold raw foods like meat, fish, eggs, chicken and turkey
  - Before each meal.
- Rinse your fruits and veggies with water before you eat them. This rinses off dirt that may have germs.

## Do not let germs spread from one food to another. Do not let germs spread from raw food like meat to other foods like raw veggies



- Use one cutting board for raw veggies.
- Use one cutting board for raw meat and fish.
- Do not put cooked meat back on the same cutting board used for raw meat.

## Eating food that is not cooked right can cause foodborne illness. Be sure to cook foods to the right inside temperature.

- Cook chicken to 165°.
- Cook roasts and steaks to 145°.
- Cook ground beef to at least 160°.
- Reheat leftovers to 165°.
- Keep cooked foods hot at 140° while you serve them.



## Keep cold foods cold. Store foods at the right temperature so germs will not grow.

- Your fridge should be lower than 40°.
- Your Freezer should be 0°.

Remember, you can't see germs in your food. Germs can grow in foods that smell or look bad. Throw away these foods. Look at the chart on the back of this page. It will tell you how long some foods can be stored in your refrigerator and freezer.

## PROTECT YOUR FAMILY BY BEING SAFE WITH YOUR FOOD.

## Recommended Storage Times

Food	Refrigerator (40°F)	Freezer (0°F)
<b>Dairy</b>		
Milk	5-7 days	Do Not Freeze
Cottage cheese	1 week	Do not freeze
Queso Blanco or American Cheese	3-4 weeks	Do not freeze
Hard cheese	6 months	6-12 weeks
<b>Eggs</b>		
Fresh, in shell	3 weeks	Do not freeze
Hard cooked	1 week	Do not freeze
Egg substitute, opened	3 days	Do not freeze
Egg substitute, unopened	10 days	1 year
<b>Fresh Poultry</b>		
Whole chicken or turkey	1-2 days	1 year
Pieces	1-2 days	9 months
Ground Poultry and Giblets	1-2 days	3-4 months
<b>Cooked Poultry</b>		
Fried chicken	3-4 days	4 months
Cooked poultry dishes	3-4 days	4-6 months
Pieces, covered with broth or gravy	1-2 days	6 months
Chicken nuggets, patties	1-2 days	1-3 months
<b>Fresh Fish</b>		
Lean fish like cod or flounder	3 days	4-6 months
Fatty fish like salmon	3 days	2-3 months
<b>Fresh Meat</b>		
Steaks, beef, beef roasts	3-5 days	6-12 months
Pork chops	3-5 days	4-6 months
Lamb chops, roasts	3-5 days	6-9 months
Pork and veal roasts	3-5 days	4-6 months
Ham –fully cooked	5 days	1-2 months
Ground Beef and Variety meats- tongue, brain, kidneys, liver, heart	1-2 days	3-4 months
<b>Cooked Meat</b>		
Cooked meat and dishes, Soups and Stews	3-4 days	2-3 months
Gravy and meat broth	1-2 days	2-3 months
<b>Bacon and Sausage</b>		
Bacon	1 week	1 month
Sausage, raw from pork, beef or turkey	1-2 days	1-2 months
Precooked sausage links or patties	1 week	1-2 months
Hard sausage - pepperoni or jerky sticks	2-3 weeks	1-2 months
<b>Hot Dogs and Lunch Meat</b>		
Opened package hot dogs	1 week	1-2 months
Opened package lunch meats	3-5 days	1-2 months
Unopened hot dogs and lunch meats	2 weeks	1-2 months
<b>Other</b>		
Vegetable or meat stew	3-4 days	2-3 months
Mayonnaise	2 months	Do not freeze
Frozen dinners and casseroles		3-4 months

For more info go to: <http://njaes.rutgers.edu/pubs/publication.asp?pid=FS273>