

KEEP FOOD SAFE FOR YOUR FAMILY



Some foods have germs on them that you cannot see. 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.

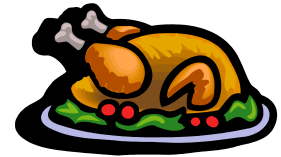
Do not let germs spread from one food to another. Do not let germs spread from raw food like meat to other foods like raw veggies



- 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 and cooked 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.



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

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

Remember, germs can grow on foods that have gone bad. Throw away foods that smell or look bad. See 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.

FK=2.2 ;4/09/09



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NJ Supplemental Nutrition Assistance Program-Education
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689.

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Recommended Storage Times		
Food	Refrigerator (40°F)	Freezer (0°F)
Dairy		
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
Eggs		
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
Fresh Poultry		
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
Cooked Poultry		
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
Fresh Fish		
Lean fish like cod or flounder	3 days	4-6 months
Fatty fish like salmon	3 days	2-3 months
Fresh Meat		
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
Cooked Meat		
Cooked meat and dishes, Soups and Stews	3-4 days	2-3 months
Gravy and meat broth	1-2 days	2-3 months
Bacon and Sausage		
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
Hot Dogs and Lunch Meat		
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
Other		
Vegetable or meat stew	3-4 days	2-3 months
Mayonnaise	2 months	Do not freeze
Frozen dinners and casseroles		3-4 months

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



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