Recipe for a Food-Safe Kitchen

YIELD: SAFE FOOD

Ingredients

- Soap: 1 each (bar or pump)
- Dishcloths: Several (no sponges)
- Hand towels: Several
- Cutting boards: 2 (1 for vegetables, 1 for raw meat, poultry and seafood)
- Vegetable brush: 1 (for firm produce)
- Sanitizer (bleach): 1 tsp. bleach to 1 qt. water
- Thermometers: 1 Food, 1 Refrigerator

Preparation

1. Wash hands often (20 seconds with soap and warm running water).
2. Avoid preparing food for others when sick.
3. Wipe up spills from raw meat, poultry and seafood with paper towels, then clean.
4. Clean cutting boards, utensils and countertops between uses with hot soapy water, then rinse.
5. Spray countertops and cutting boards with sanitizer after cleaning for added protection.
6. Separate raw meat, poultry and seafood from each other and ready-to-eat foods (i.e., deli meats, cheese, cooked foods, produce) at all times.
7. Wash raw fruits and vegetables under cold running water before eating, cutting or cooking.
8. Cook foods to proper temperatures. Check with a food thermometer:
   - Beef, lamb, pork, veal steaks and roasts; seafood (145°F)
   - Ground meats (beef, lamb, veal, pork), egg dishes (160°F)
   - Poultry and leftovers (165°F)
9. Keep cold foods at 40°F or lower. Use a refrigerator thermometer to keep track of temperature.
10. Refrigerate perishable foods (i.e., leftovers) in shallow containers within 2 hours.
11. Keep leftovers in the refrigerator for no more than 4 days.


This publication was supported by award 1H75CK000139 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC. © 2011