










Minimum Cooking Temperatures for Safe Food

Ground beef, pork, veal, lamb	160°F	
Ground turkey and chicken	165°F	
Fresh beef, veal, lamb (chops, steaks or roasts)	140°F	
Poultry (breasts, thighs, wings, legs)	165°F	
Pork and Ham	145°F	
Egg dishes	160°F	
Leftovers and casseroles	165°F	
Seafood: Fin fish	145°F	
Shrimp, lobster, crab	Pearly and opaque flesh	
Clams, oysters, mussels	Until shells open	
Scallops	Until milky white	

City of Newton, MA



Public Health
Prevent. Promote. Protect.

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Safe Food Handling Practices:

How to safely handle and prepare your farmers market bounty!



City of Newton, MA



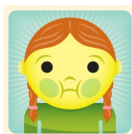
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Got Food Poisoning?



- Don't blame your last meal!
- The onset time for illness ranges from 12 hours to 28 days, with 24 hours being the most common time elapsed before symptoms appear
- Contact your doctor if you have continuous vomiting, diarrhea, fever



Hand Washing: Why it is SO Important!



- It reduces the number of people who get sick with diarrheal illnesses by 31%
- It reduces the amount of people who get sick with diarrheal illnesses who have weakened immune systems by 58%
- It reduces respiratory illnesses in the general population (like colds) by 21%

So WASH THOSE HANDS!

Before eating, prepping food, after using the restroom, using a tissue,

Washing Produce: What You Should Know



• Wash ALL produce under clean running water (no soap or detergents) before *cutting, preparing, or cooking*

• The FDA recommends washing fruits and vegetables even if you intend on peeling them to reduce bacteria transmission from your hands, or the knife you're using

• When buying fresh fruits and vegetables, be sure they're kept separate from meats and fish to prevent bacteria on the packaging from getting on the fruits and veggies

What to do if you lose power

Before 4 hours...

- Perishable food should be safe if kept in the refrigerator for less than 4 hours from a power outage
- Keep the refrigerator door closed as much as possible
- When in doubt, throw it out!

www.fsis.usds.gov



When in doubt, throw it out!!!

After 4 hours...

Refrigerator:

*Throw out any perishable foods if they have been in the fridge for more than 4 hours

Freezer:

*A freezer that is half full will hold food safely for up to 24 hours.

*A full freezer will hold food safely for 48 hours. Do not open the freezer unless you have to!



4 Steps to Safe Food Handling



Clean

- Wash your hands and ALL prep surfaces before putting food on them
- Wash all fruits and veggies
- Wash all utensils and cutting boards after use



Separate

- Separate all produce, meats and dairy products in your grocery cart, and also in your fridge, to prevent cross-contamination
- Use separate cutting boards for produce and poultry, meat seafood, and eggs



Cook

- Use a food thermometer to ensure your meat, poultry and fish are properly cooked
- Keep foods hot after cooking, to avoid bacterial growth
- Avoid the "danger zone: 40°-140° F



Chill

- Refrigerate perishable foods within 2 hours
- Never thaw or marinate foods on the counter to reduce bacterial growth

