

Food Safety

Prevent. Promote. Protect.



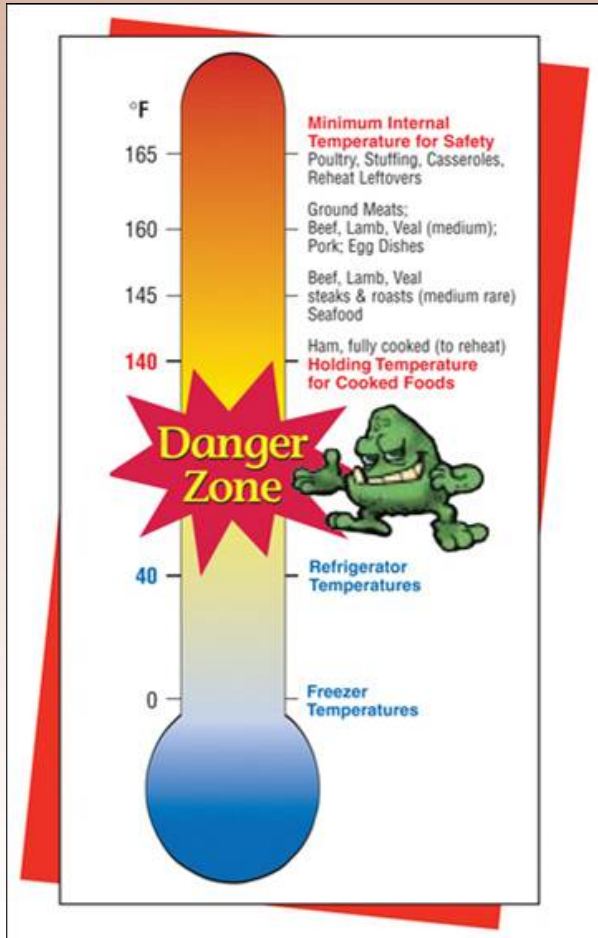
Foodborne illnesses are diseases caused by contaminated food or drink. The majority of foodborne illnesses are caused by raw or undercooked foods that are animal products including meat, milk, eggs cheese fish, shellfish, and poultry.

Clean

Wash your hands long enough to slowly sing the "Happy Birthday" song (to yourself).

Sanitize preparation areas and tools (such as cutting boards and knives) immediately after handling raw food.

Avoid touching food that is about to be served



Cook

Cook meats for the required length of time at the required internal temperature.

Serve hot foods at 135°F or above.

Type of Meat	Minimum Internal Temperature
Whole Beef, Lamb, Veal, Pork, or Fish	145° F for 15 seconds
Ground Beef, Pork, Veal, or Lamb (and food containing ground meats)	155° F for 15 seconds
Raw eggs (and food containing raw eggs)	
Cuts of Pork or Poultry Stuffed Fish or Meats	165° F for 15 seconds

Take temperature at the thickest part of the food

Chill

Refrigerate within 2 hours.

Serve cold foods at 41 °F or below.

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UCRIVERSIDE UNIVERSITY OF CALIFORNIA Environmental Health & Safety

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Separate

Use different utensils or countertops for different foods to prevent cross contamination.

Separate juices or drippings from raw meat, poultry, shellfish or eggs from other foods.

