

# Fight BAC!™

Keep Foods Safe From Bacteria



## CLEAN

Wash Hands & Surfaces Often  
Use Hot Soapy Water

### What?

hands, countertops, cutting boards, dishes, utensils, towels, & wiping cloths

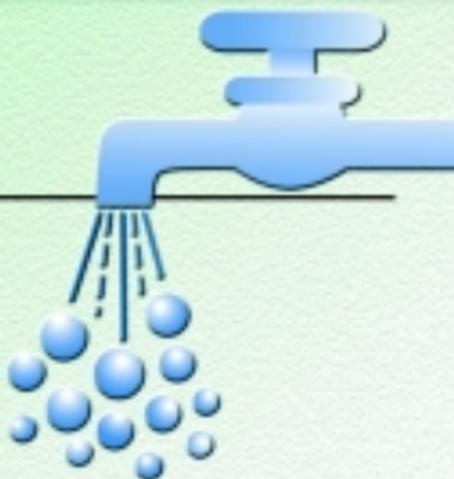
### When?

#### Before:

- handling food
- preparing food
- serving food

#### After:

- using the bathroom
- preparing food
- handling raw meat
- taking out the trash
- picking up anything off the floor



## SEPARATE

Don't Cross-contaminate  
Stop the Spread of Bacteria

### Separate

raw meat, poultry, & seafood from other foods.

### Use

different cutting boards for raw meat products & other foods.

### Never

cross-contaminate by placing cooked food on a plate that previously held raw meat, poultry, or seafood.



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## COOK

Cook to Proper Temperatures  
Kill the Harmful Bacteria

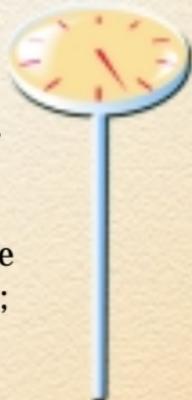


### Use

- clean thermometers.

### Cook

- microwaveable foods properly; cover, stir, & rotate.
- eggs until the yolks & whites are firm.
- fish until it is opaque & flaky.



### Measure

#### Internal Temperatures:

- roasts & steaks - 160 °F
- whole poultry - 170 °F
- ground beef - 160 °F
- eggs - 155 °F

### Reheat

- sauces, soups, & gravies to a boil.
- leftovers to 165 °F.

## CHILL

Refrigerate Promptly  
Keep Bacteria From Growing

### Refrigerate

perishables, prepared foods, & leftovers within 2 hours or sooner; use shallow containers for quick cooling.

### Defrost

foods in the refrigerator, under cold running water, or in the microwave.

### Marinate

foods in the refrigerator.

### Set

your refrigerator no higher than 40 °F & your freezer unit at 0 °F; check regularly with thermometer.

### Don't

pack the refrigerator; cool air must circulate.

