



# ASK Food Safety

Always wash your hands well with soap and warm water both before and after handling food.

Source: [NCAGR.gov](http://NCAGR.gov)

Scrub all fruits and vegetables with plain water to remove all pesticide residue, dirt or bacteria.

Source: [KidsHealth.org](http://KidsHealth.org)

Don't allow the juices from raw meat and poultry contaminate other areas of your kitchen. If they do, they could get onto food you don't cook.

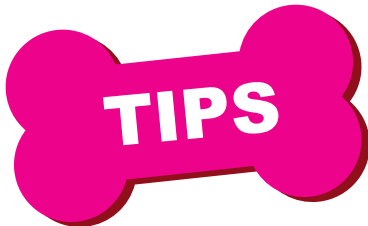
Source: [NCAGR.gov](http://NCAGR.gov)

Frozen meat and poultry should never be thawed by leaving it on the counter at room temperature.

Source: [NCAGR.gov](http://NCAGR.gov)

Use cooked leftovers within 4 days.

Source: [Food Safety and Inspection Service](http://Food Safety and Inspection Service)



Perishable food should never be kept at temperatures between 40°F and 140°F for more than 2 hours.

Source: [NCAGR.gov](http://NCAGR.gov)

Cooked meats can be stored for a maximum of 2-3 months in the freezer.

Source: [KidsHealth.org](http://KidsHealth.org)

Cold salads, lunchmeat and dairy products should always be kept in the refrigerator below 40°F.

Source: [NCAGR.gov](http://NCAGR.gov)

Ground beef must reach an internal temperature of 160°F in order to ensure that the bacteria E. coli has been killed.

Source: [NCAGR.gov](http://NCAGR.gov)

Raw ground meat should be stored in the freezer for no more than four months.

Source: [KidsHealth.org](http://KidsHealth.org)

