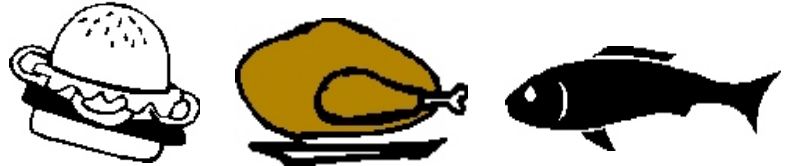


# Food Safety for . . .

## Meat, Poultry, and Seafood Lovers!

We all know that meat, poultry, and seafood provide great sources of protein and other essential vitamins, but mishandling them may not be so healthful. Remember that all perishable foods, like meat, poultry, eggs, and seafood, need to be handled properly to prevent foodborne illness.



### Cook It Right...

- Cook ground meat to at least 160 °F. Ground poultry should be cooked to 165 °F.
- Cook roasts and steaks to an internal temperature of at least 145 °F for medium rare or to 160 °F for medium.
- Whole poultry should be cooked to 180 °F -measure the temperature in the thigh. Poultry breasts should be cooked to 170 °F.
- Cook fish until it's opaque and flakes easily with a fork.

### Combating Cross-Contamination!

#### S-e-p-a-r-a-t-i-n-g is Essential!

To prevent raw juices from contaminating ready-to-eat foods, separate raw meat, poultry, and seafood from other foods in your grocery store shopping cart and in your refrigerator.

#### Take 2

Consider using one cutting board for raw meat, poultry, and seafood products and another one for fresh fruits and vegetables. In addition, don't forget to wash your hands with soap and warm water and your cutting boards, dishes, and utensils with hot, soapy water after they come in contact with raw meat, poultry, and seafood.

#### Clean Your Plate

Place cooked food on a clean platter. If you put cooked food on an unwashed platter that previously held raw meat, poultry, or seafood, bacteria from the raw food could contaminate the safely cooked food.

#### Seal It Up

To prevent juices from raw meat, poultry, or seafood from dripping onto other foods in your refrigerator, place these raw foods in sealed containers, plastic bags, or on a plate or tray. Then store them on the bottom shelf, so they don't drip onto foods below them.

#### Marinating Mandate

Don't use sauce that was used to marinate raw meat, poultry, or seafood on cooked foods, unless you boil it before applying. Never taste marinade or sauce that was used to marinate raw meat, poultry, or seafood unless it was heated to the boiling point first.

### TIPS



- Don't forget to wash your hands with soap and warm water before and after preparing raw meat, poultry, and seafood.
- Use a clean food thermometer to make sure raw meat and poultry have been cooked to a safe internal temperature. Wash the food thermometer in hot, soapy water between uses.

# F A Q's

**Q: Should I wash raw meat, poultry or seafood before cooking it?**

**A:** Washing raw poultry, beef, pork, lamb, veal, or seafood before cooking is not necessary. Although washing these raw foods may get rid of some of the pathogens on the surface of these foods, it may allow the pathogens to spread around the kitchen. Cooking these foods to a safe internal temperature will destroy any bacteria that may be present in the food. Use a clean food thermometer to make sure food has reached the proper temperature.

**Q: If cooked meat and poultry look pink, does it mean that the food is not done?**

**A:** The color of cooked meat and poultry is not a sure sign of its degree of doneness. For instance, hamburgers and fresh pork can remain pink even after cooking to temperatures of 160 °F or higher. Smoked poultry remains pink, no matter how cooked it is. Only by using a food thermometer can you accurately determine that meat and poultry have reached safe internal temperatures.

**Q: Is it safe to eat sushi, the Japanese raw fish specialty?**

**A:** People in the at-risk groups (young children, pregnant women, senior citizens, and people with weakened immune systems) should not eat raw or undercooked fish or shellfish. People with liver disorders or weakened immune systems are especially at risk for getting sick. Foods made with raw fish are more likely to contain parasites or *Vibrio* species than foods made from cooked fish. Always cook fish until it's opaque and flakes easily with a fork.

## Safe-Cooking Temperature Chart

### Beef/Pork

- Cook beef roasts and steaks to 145 °F for medium.
- Cook ground beef to at least 160 °F.
- Cook raw sausages to 160 °F.
- Reheat ready-to-eat sausages to 165 °F.
- Cook pork roasts, chops, or ground patties to 160 °F for medium, or 170 °F for well done.

### Poultry

- Cook whole poultry to 180 °F.
- Cook ground poultry to 165 °F.
- Cook chicken breasts to 170 °F.
- Cook stuffing to 165 °F

### Eggs

- Cook eggs until the yolks and whites are firm.
- Don't use recipes in which eggs remain raw or only partially cooked.

### Fish

- Cook fish until it's opaque and flakes easily with a fork.
- Avoid eating raw oysters or raw shellfish. People with liver disorders or weakened immune systems are especially at risk for getting sick.

### Leftovers

- When reheating leftovers, heat them thoroughly to at least 165 °F.

If you have questions or concerns about food safety, contact:

The Fight BAC! Web site at: [www.fightbac.org](http://www.fightbac.org)

The U.S. Department of Agriculture(USDA) Meat and Poultry Hotline at (800) 535-4555 or (202) 720-3333 (Washington, DC area).

The TTY number for the hearing impaired is (800) 256-7072. [www.Fsis.usda.gov](http://www.Fsis.usda.gov)

The U.S. Food and Drug Administration (FDA) Food Information Line at (888) SAFE FOOD. [www.cfsan.fda.gov](http://www.cfsan.fda.gov)

Texas AgriLife Extension Service, Travis County (512) 854-9600.