

# GEAR UP

*for food safety!*

Choose and use these kitchen tools every time you prepare food to help prevent food poisoning.

## Kitchen Sink

- ❑ Wash your hands for **20 seconds** with soap and running water.
- ❑ Wash fruits and vegetables before peeling.
- ❑ Do not wash meat, poultry, or eggs.



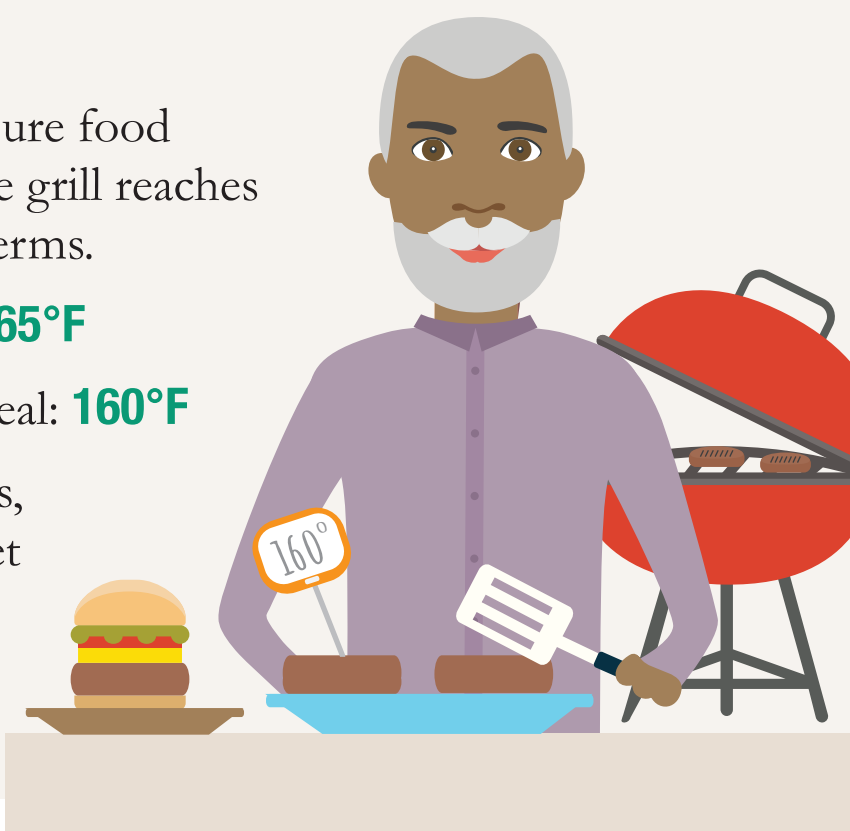
## Cutting Board and Utensils

- ❑ Use separate cutting boards, plates, and knives for produce and for raw meat, poultry, seafood, and eggs.
- ❑ Clean with hot, soapy water or in dishwasher (if dishwasher-safe) after each use.



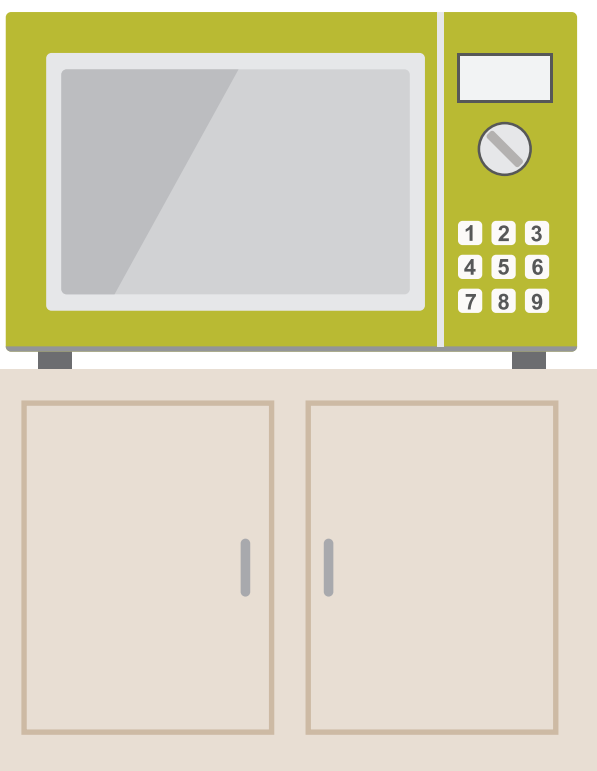
## Thermometer

- ❑ Use a food thermometer to make sure food cooked in the oven, stove or on the grill reaches a temperature hot enough to kill germs.
  - All poultry, including ground: **165°F**
  - Ground beef, pork, lamb, and veal: **160°F**
  - Beef, pork, lamb, and veal chops, roasts and steaks: **145°F** (then let rest 3 minutes before serving)
  - Fish: **145°F**



## Microwave

- ❑ Know your microwave's wattage.
  - Check inside the door, owner's manual, or manufacturer's website. Lower wattage means longer cooking time.
- ❑ Follow recommended cooking and standing times, to allow for additional cooking after microwaving stops.
- ❑ When reheating, use a food thermometer to make sure food reaches **165°F**.



## Refrigerator

- ❑ Keep your refrigerator between **40°F** and **32°F**, and your freezer at **0°F** or below.
- ❑ Refrigerate fruits, vegetables, milk, eggs, and meats within **2 hours**; (**1 hour** if the temperature is **90°F** or higher).
- ❑ Store raw meat on the bottom shelf away from fresh produce and ready-to-eat food.
- ❑ Throw out foods left unrefrigerated for over **2 hours**.
- ❑ Thaw or marinate foods in the refrigerator.



## Computer or mobile devices

- ❑ Look for more tips to keep food safe at [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)
- ❑ Stay up to date on food recalls at [www.foodsafety.gov/recalls](http://www.foodsafety.gov/recalls)



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

Accessible version: <https://www.cdc.gov/foodsafety/communication/food-safety-in-the-kitchen.html>