

# Food Safety Tips

Use the 4 steps: Clean, Seperate, Cook & Chill



**Wash your hands  
before, during & after  
touching food**



**Fully cook meats; use a meat  
thermometer to check**

- \*Turkey/Poultry 165 F
- \*Beef Roast 145 F
- \*Fresh Ham 160 F
- \*Fully-cooked Ham 140 F



**Wash cutting boards,  
preparation surfaces  
& knives between uses**



**Never leave the kitchen while  
cooking, have a fire extinguisher  
ready in case of fire**



**SEPARATE**

**Keep food seperated &  
don't cross-contaminate**



**Leftovers should be refrigerated  
promptly or within 2 hours**