

 Avoid opening repeatedly, so food stays colder longer.

## Nornore than two hours and when it's our of the perishable food NOT sit out!

• Perishable foods are meat, poultry, fish, milk, eggs and many raw fruits and vegetables.

 All cooked foods are considered perishable. To store these foods, they need to be held at refrigerator or freezer temperatures.

## When COOKING on the grift

## **ALWAYS**



Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.



Use a food thermometer to make sure meat and poultry are cooked thoroughly.

Use a fresh, clean plate for serving cooked foods.

mind



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