SAFETY FIRST!
TIPS FOR HANDLING FOOD

Taking steps to keep food safe can prevent waste and reduce your risk of getting sick. Check out these tips for proper food prep!

**KEEP IT CLEAN**
- Wash your hands before cooking or eating
- Keep cooking surfaces and equipment clean
- Rinse produce before eating
- Keep backpacks, books, and phones off of cooking surfaces

**SAFE TEMPERATURES**

**COOK**
- Reheat leftovers to 165 °F
- Cook foods to minimum temperatures listed below

<table>
<thead>
<tr>
<th>Food</th>
<th>Cook To</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poultry</td>
<td>165 °F</td>
</tr>
<tr>
<td>Ground Meat</td>
<td>160 °F</td>
</tr>
<tr>
<td>Beef, Pork, Fish</td>
<td>145 °F</td>
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</tbody>
</table>

Use a thermometer to ensure proper temp

**COOL**
- Defrost frozen foods in the microwave or let them thaw in the fridge, not at room temperature
- Refrigerate raw meat, eggs, and dairy products as quickly as possible
- Use an ice pack when transporting perishables
- Clean out fridge regularly

**SEPARATE**
- Keep raw meat, chicken, and fish covered and separated from the other foods in your fridge
- Use different cutting boards and utensils for raw meats and produce

**LEFTOVERS**
- Store leftovers in airtight containers or cover with plastic wrap or tin foil
- Eat leftovers within 3-4 days
- Freeze leftovers in 1 portion servings for easier thawing
- Check to-go containers before microwaving food inside of them. Many are not microwave-safe


Pick up an insulated lunch box at the Panther's Pantry!