

Equip Your Kitchen

What You Need and What You Need to Know to Fight Food Poisoning



Home Food Safety[®]

www.homefoodsafety.org

A collaboration between the Academy of Nutrition and Dietetics and ConAgra Foods



WASH

WHAT YOU NEED:

- Produce brush
- Sponges (replace often)
- Paper towels
- Dish and hand soap
- Unscented liquid bleach or sanitizing spray

WHAT YOU NEED TO KNOW:

- Wash hands thoroughly for at least 20 seconds with soap and warm water
- Wash surfaces, cutting boards, dishes and cooking utensils with hot, soapy water after each use
- Sanitize sponges and replace frequently
- Wash produce under cool running tap water
- Don't wash meat, poultry or eggs



SEPARATE

WHAT YOU NEED:

- Two cutting boards
- Two sets of utensils
- Two sets of plates
- Plastic bags (to wrap raw meat so juices don't drip)

WHAT YOU NEED TO KNOW:

- When handling raw meat, poultry, seafood and eggs, always use separate cutting boards, plates and utensils from ready-to-eat foods
- From the shopping cart to transporting foods home, keep raw meat, poultry, seafood and eggs separate from ready-to-eat foods
- Practice separation in the refrigerator by wrapping raw meats and storing on the bottom shelf away from ready-to-eat foods



COOK

WHAT YOU NEED:

- Food thermometer
- [Cooking temperature guide](#)
- Slow cooker/warming dishes
- [Is My Food Safe? app](#)

WHAT YOU NEED TO KNOW:

- Use a food thermometer. To find the correct temperature to cook foods, consult the [Is My Food Safe? app](#)
- Keep food hot after cooking, at or above 140°F. If hosting a buffet or potluck, use a heat source like a chafing dish, warming tray or slow cooker to keep food from cooling
- When reheating leftovers, microwave food thoroughly until it reaches 165°F



REFRIGERATE

WHAT YOU NEED:

- Shallow containers with lids for leftovers
- Two appliance thermometers (for refrigerator and freezer)
- [Is My Food Safe? app](#)
- [Keep It Cool Storage Chart](#)
- [Freezer labels](#)
- Cooler
- Kitchen timer

WHAT YOU NEED TO KNOW:

- Perishable foods must be refrigerated at or below 40°F within two hours (only one hour if in weather over 90°F)
- Refrigerator should be set to 40°F and freezer should be at or below 0°F
- Marinate foods in the refrigerator (never on the counter)
- Toss expired foods. Refer to the [Is My Food Safe? app](#) for the shelf life of common foods