Utah State University
DigitalCommons@USU

Food and Health | Archived USU Extension Publications

1-1-1989

Safe Kitchen Rules

Georgia C. Lauritzen Ph. D.
Utah State University

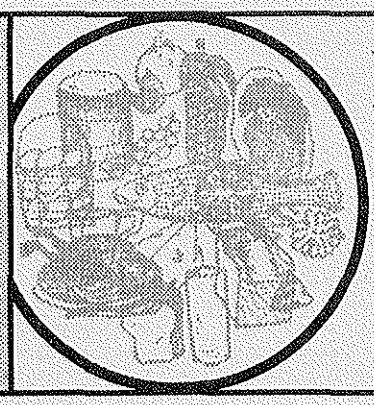
Warning: The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit The Utah State University Cooperative Extension Office

Recommended Citation
Lauritzen, Georgia C. Ph. D., "Safe Kitchen Rules" (1989). *Food and Health.* Paper 30.
http://digitalcommons.usu.edu/extension_histfood/30

This Factsheet is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in Food and Health by an authorized administrator of DigitalCommons@USU. For more information, please contact becky.thoms@usu.edu.

UTAH STATE UNIVERSITY
COOPERATIVE EXTENSION

1888



FOOD SAFETY FACT SHEET

FOOD SAFETY SERIES

Prepared by Georgia C. Lauritzen, PhD., R.D
Nutrition Specialist

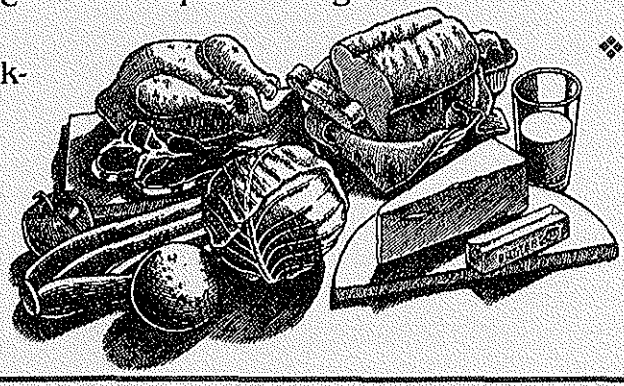
SAFE KITCHEN RULES

Bacteria which cause food poisoning can be controlled by keeping food hot

- 165° - 212°F temperatures kill most bacteria
- 140° - 165°F holding temperatures prevent bacteria growth
- Two hours maximum holding time
- Cook meat and poultry thoroughly – at least to medium (140°F)
- Don't interrupt cooking – cook thoroughly
- Frozen food should be cooked about 1-1/2 times the normal cooking time
- Thoroughly reheat leftovers

Cold temperatures prevent bacterial growth

- Refrigeration temperatures should be 40°F or lower
- Freezing temperatures should be 0°F or lower
- When shopping, pick up perishables last, take directly home, and refrigerate immediately
- Handle meat and poultry as little as possible – leave in store wrap
- Check canned meat products – some require refrigeration



- Fresh poultry, hamburger and variety meat should be kept no more than 1-2 days; other meats for 3-5 days
- Frozen meats should be well wrapped to prevent drying out, and stored no more than 6-12 months
- The safest thawing technique is in the refrigerator
- For faster thawing place food in plastic bag and put in cold water
- Thawing in the microwave is rapid enough to control bacterial growth
- Never leave food at room temperature more than two hours, including preparation, cooking and serving time

- Place all leftovers immediately in refrigerator
- Place large amounts of food in shallow containers to refrigerate

Select only safe food

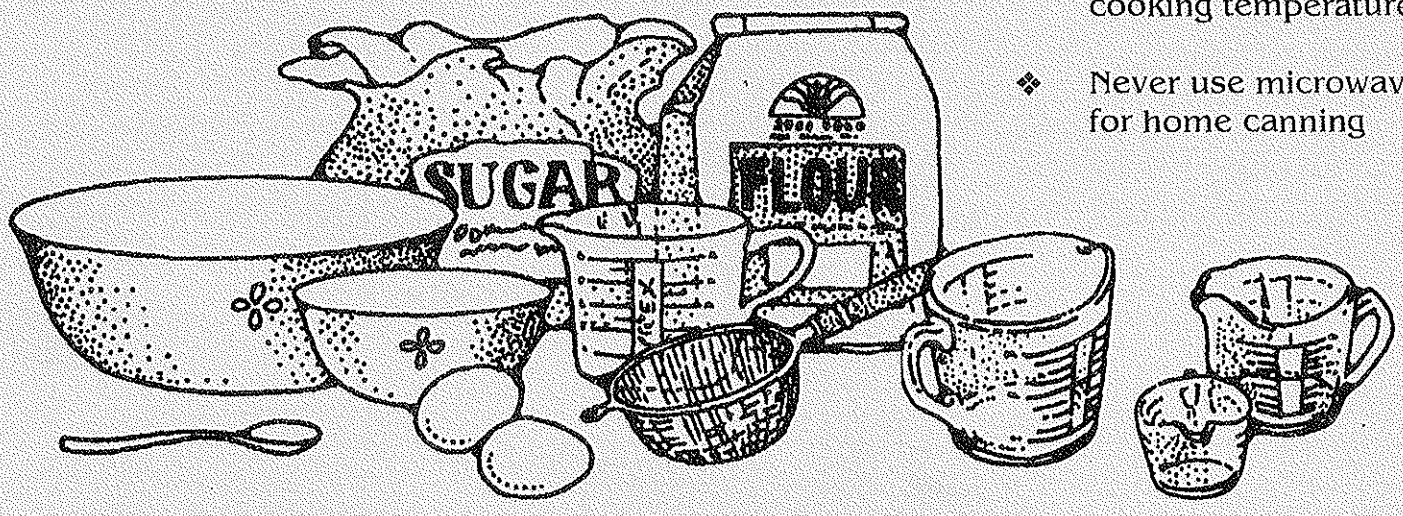
- Frozen foods should be solid
- Refrigerated food should feel cool
- Check dates on products
- The "sell by" date is the date product is to be taken off the shelf
- The "use by" date is the maximum date which will still be top eating quality

Keep food clean

- Store food in appropriate place, refrigerator, freezer or clean, dry place
- Keep pets away from food
- Store household cleaners away from food
- Control household pests (rats, mice, roaches)
- Always wash hands before beginning food preparation
- Teach children to wash hands
- Avoid contact with food if you have a cut or infection on your hand
- Do not cough or sneeze on food
- Keep dish cloths and towels clean
- Use hot soapy water to wash hands, counter tops and utensils
- Do not put cooked food on dishes, board or counter tops where raw food has been

Safe microwave cooking

- Allow standing time (10-15 minutes) for even heating of food
- Use meat thermometer to check for doneness
- Covers, lids and cooking bags give more even cooking temperatures
- Never use microwave for home canning



1888

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color, age, national origin, religion, or handicap.

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. R. Paul Larsen, Vice President and Director, Extension Service, Utah State University.