

# WHY IS SAFE FOOD HANDLING IMPORTANT?

Following safe food handling practices will help you:



Enjoy the nutritional benefits of fresh, healthy foods.



Minimize illness caused by contaminated foods.



Save money by avoiding surprise visits to the doctor or hospital.

## SAFE FOOD HANDLING PRACTICES

The United States Department of Agriculture recommends actions you can take to avoid contamination and illness when preparing food.

### CLEAN



Avoid spreading bacteria that can get on hands, cutting boards, utensils and food.



Use paper towels when cleaning surfaces in the kitchen.



Wash fruits and vegetables carefully before eating.

### SEPARATE



Avoid cross contamination by properly handling raw meats, seafood, and eggs.



Use separate cutting boards for different foods.

### COOL



Keep foods cold that were refrigerated in the supermarket.



Never leave food unrefrigerated for more than 2 hours, and follow instructions to properly thaw frozen food.

## ENSURE THOROUGH COOKING

Cook food until it reaches an internal temperature high enough to kill all bacteria and other microorganisms.



**Eggs**  
160 F



**Ground Meat**  
160 F



**Chicken or other poultry**  
165 F



**Other Meats**  
145 F

Use a thermometer to check temperatures.



**Implement the 4-day rule.**

Don't keep leftover food for more than 4 days, as bacteria can still grow on refrigerated food.



# ንምንታይ ድሕነቱ ዝሓለወ ኣተሓሕዛ መግቢ የገድስ።

እዞም ዝሰዕቡ ኣገባባት ኣብ ኣተሓሕዛ መግቢ ክሕግዙኹም እዮም



ትሕዝቶኣዊ ረብሓታት ናይ ሓደስቲ፡ ጥዕና ዘለዎም መግቢታት



ብምብካል መግቢ ዝመጽእ ሕግማት ንምንካይ



ካብ ዘየድሊ ናብ ዶክተር ወይ ሕክምና ምኻድን፡ ገንዘብ ምቕጣብን

## ድሕነቱ ዝሓለወ ኣገባብ ኣተሓሕዛ መግቢ

ክፍሊ ሕርሻ ሕቡራት መንግስታት ኣሜሪካ፡ መግቢ ከተዳልዉ ክሰጡም ካብ ብከላን ሕግምን ነጻ ንምዃን ክትገብርዎ ዘለኩም ስጉምታት ይምሕጹን

### ጽፋይ



ኣብ ኣእዳው፡ ምቕራጺ ዕንጻይቲ፡ መሳርሒታት መግብን ክሰፍሩ ዝኸኸሉ ባክተርያታት ካብ ምልባዕ ኣቛርጽ



ኣብ ክሽነ ዘለዉ ደንደሳት ንምጽራይ ናይ ወረቕት መጽረዩ ተጠቐም



ኣሕምልትን ፍረታት ቅድሚ ምብላዕካ፡ ብጥንቃቕ ሕጸቦም

### ፍለ



ዘይበሰለ ስጋ፡ ስጋ ዓሳን እንቋቋሩን ግቡእ ኣተሓሕዛ ብምግባር መልከፍቲ ኣወግድ



ንእተፈላለዩ ዓይነት መግቢታት፡ እተፈላለዩ መምተሪ ተጠቐም

### ኣዝሕል



ኣብ ዕዳጋ ኣብ ፍርጅ ኣትዮም ዝነበሩ መግቢታት፡ ኣብ ዝሒል ኣቕምጦም



መግቢ ኣብ ፍርጅ ከይኣተወ ካብ 2 ሰዓት ንላዕሊ ክገብር የብሉን፡ ከምኡውን ንዝበረደ መግቢ ከመይ ኒርካ ከተምክኾ ከምእትኸእልውን መምርሒታት ርእ

### ጽቡቕ ምብላሕ ኣረጋግጽ



እቲ መግቢ ክሳብ ባክተርያታትን ካልእት ታህቦስያንን ከጥፍእ ዝኸኸል ውሽጣዊ ምቕት ዝበጸሕ ኣብሰሎ እንቋቋሩን ዘይበሰለ ስጋን ክሳብ 160 F፡ ደርሆን ካልእ ኣካል ደርሆን ክሳብ 165 F፡ ከምኡውን ካልእት ዓይነት ስጋውን ክሳብ 145 F ክበሰል ኣለዎ

መጠን ምቕት ንምዕቃን፡ ቴርሞመተር ተጠቐሙ



ናይ 4-መዓልቲ ሕጺ ኣተግብር ተረፍመረፍ መግቢታት ካብ 4 መዓልቲ ንላዕሊ ኣይተጽንጥዮም፡ ምኽንያቱ ኣብ ፍርጅ ዘሎ መግቢ ውን ባክተርያ ክፋርዩ ስለዝኸኸሉ

