

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.



ဘဉ်မနုၤယိၣ် ကတဲၣ်ကတိၤတၢ်အိၣ်တၢ်အီၤလၢအပူၤဖျဲးတၢ်ဘဉ်ယိၣ်န့ၣ် အရူၢ်န့ၣ်လဲၣ်

တၢ်လူၤပိၣ်ထွဲၣ်မၤလိၣ်တၢ်ကတဲၣ်ကတိၤတၢ်အိၣ်တၢ်အီၤလၢအပူၤဖျဲးတၢ်ဘဉ်ယိၣ်အံၤကမၤစၢၤန့ၣ်လၢ-



နကိၢ်န့ၣ်တၢ်အိၣ်န့ၣ်ဂံၢ်န့ၣ်ဘၢအတၢ်ကတၢၢ်ဖျဲးတၢ်အိၣ်လၢကဆဲၣ်ကဆိၣ်ပူၤတၢ်အိၣ်န့ၣ်အိၣ်န့ၣ်.



ကမၤစၢၤလိၣ်တၢ်ဆူးတၢ်ဆါဖဲကတဲၣ်ထီၣ်သးလၢတၢ်အိၣ်လၢဘဉ်အဘဉ်သိ.



နကဟ်ကိၢ်စ့ၣ်ဖျိတၢ်ဟးဆူးဖဲတၢ်လဲၣ်ထံၣ်လိၣ်သးတၢ်သံၣ်သရၣ်မ့တမ့ၢ်လဲၣ်ဆူတၢ်ဆါဟံၣ်.

ကတဲၣ်ကတိၤတၢ်အိၣ်တၢ်အီၤလၢအပူၤဖျဲးတၢ်ဘဉ်ယိၣ်အလုၢ်အလၢတဖၣ်

ကိၢ်အမဲၣ်ကတဲၣ်တၢ်သ့ၣ်တၢ်ဖျဲးကရၢဟ့ၣ်ကူၣ်ဖဲတၢ်မၤလၢနမၤအီၤသ့ၣ်သိးကိၢ်သ့ၣ်တၢ်အိၣ်တၢ်အီၤလၢအဘဉ်အဘဉ်သိတဖၣ်တၢ်ဆူးတၢ်ဆါဖဲကတဲၣ်ကတိၤတၢ်အိၣ်တၢ်အီၤအခါန့ၣ်လိၣ်.

မၤကဆိၣ်

- ဟးဆူးတၢ်စိၣ်စိၣ်သးထံၣ်ရံၣ်ယါလၢအအိၣ်တၢ်သ့ၣ်လၢစုပူၤတၢ်ကျိတၢ်ဖဲတၢ်ညဉ်သ့ၣ်ဘဉ်လိၣ်တၢ်သ့ၣ်တၢ်စ့အပိးအလိတဖၣ်တၢ်အိၣ်တၢ်အီၤတဖၣ်တက့ၢ်.
- သူစးခိထွါစုဖဲမၤကဆဲၣ်ကဆိၣ်ဖျိကပူၤတၢ်ဖိအိၣ်တၢ်အိၣ်စိၣ်နီၤခိၣ်အခါန့ၣ်တက့ၢ်.
- သ့ကဆိၣ်တၢ်သ့ၣ်သ့ၣ်တၢ်လၢလိၣ်တၢ်လိၣ်ဆဲးတဖျဲးအိၣ်အီၤအခါတက့ၢ်.

ဟ်လိၣ်အိၣ်

- ဟးဆူးတၢ်ဟ်ဖျိတၢ်အိၣ်သိးအသုတမၤဟးဂီၢ်တၢ်အိၣ်စိၣ်ဖျိဟ်လိၣ်အိၣ်တၢ်ဖဲတၢ်ညဉ်သံသိၣ်ပိၣ်လဲၣ်တၢ်အိၣ်တၢ်အီၤတဖၣ်တက့ၢ်.
- သ့လိၣ်အိၣ်ကျိတၢ်ဖဲတၢ်ညဉ်သ့ၣ်ဘဉ်လၢတၢ်အိၣ်တၢ်အီၤတခါစုစုအဂီၢ်တက့ၢ်.

ဟ်ခုၣ်အိၣ်

- တၢ်အိၣ်တၢ်အီၤလၢတၢ်ဟ်ခုၣ်ကိၢ်လိၣ်ဟ်ယာ်လၢပနံၣ်ရံၣ်ကျဲးပူတဖၣ်န့ၣ်ဟ်ခုၣ်အိၣ်တက့ၢ်.
- တဘဉ်သၢပုၤနီၣ်တၢ်ဟ်လိၣ်တၢ်အိၣ်လၢတၢ်ကထၢန့ၣ်လၢတၢ်ခုၣ်ပုၤယံၣ်န့ၣ်ခဲန့ၣ်ရံၣ်တဂ့ၢ်တၢ်ဖျိထွဲတၢ်န့ၣ်လိၣ်တဖၣ်သိးတၢ်ကမၤပုၤတၢ်ညဉ်လၢအကျိၤအကျဲဘဉ်ဘဉ်ဖိန့ၣ်တက့ၢ်.

မၤလိၣ်တၢ်အိၣ်ဖျိလၢနတၢ်ဖိအိၣ်တၢ်အီၤ

- မိတၢ်အိၣ်တၢ်အီၤအထီၣ်ဘးဆူတၢ်ကိၢ်တၢ်ခုၣ်တၢ်ထီၣ်လၢအကိၢ်ထီၣ်ဘးသိးကမၤသံသးထံၣ်ရံၣ်ယါတၢ်ဖိယၤဆဲးဆဲးအဂၢၤသ့ၣ်တဖၣ်တက့ၢ်.ဖိအိၣ်(တၢ်နီၣ်)တၢ်ညဉ်လၢတၢ်ယာ်ဘျဲးတုၤလၢ၁၆၅(ဖဲရံၣ်ဟး),အိၣ်ညဉ်မ့တမ့ၢ်ထီၣ်ဖိအိၣ်ဖဲညဉ်အဂၢၤတဖၣ်တုၤလၢ၁၆၅(ဖဲရံၣ်ဟး)တၢ်ဖဲတၢ်ညဉ်အဂၢၤတဖၣ်တုၤလၢ၁၆၅(ဖဲရံၣ်ဟး)တက့ၢ်.

သူသမိမံတၢ်လၢကထီၣ်ကွၢ်တၢ်ကိၢ်တၢ်ခုၣ်တဖၣ်န့ၣ်တက့ၢ်.

ဒူးအိၣ်ထီၣ်လွံၢ်သိတၢ်ဘျဲး-တဘဉ်ဟ်ယာ်တၢ်အိၣ်လၢအဆ့ၢ်(တၢ်အိၣ်လၢအိၣ်တလၢ)ယာ်န့ၣ်လွံၢ်သိဘဉ်,မ့ၢ်လၢဘးထံၣ်ရံၣ်ယါဖဲအိၣ်ထီၣ်သ့ၣ်တၢ်အိၣ်လၢအဆ့ၢ်လၢအိၣ်လၢတၢ်ခုၣ်အပူၤသ့အယိၣ်လိၣ်.



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