BE SAFE AND SAVVY IN THE KITCHEN.

Avoid foodborne illness by following some smart food prep tips.

- Keep your food prep area clean.
- Wash your hands before handling food.
- Pay attention to expiration dates on food. When in doubt, throw it out!
- Keep cold foods cold and hot foods hot.
- Prep uncooked meat separate from other foods.

Follow these food temperature guidelines, courtesy of the USDA.

FOOD’S READY!

165F: Poultry
160F: Ground Meat
145F: Raw Meat