



RULES of the GAME

for Food Safety



Keep it clean

Before you eat or handle food, wash your hands, food prep tools and surfaces.



Cook to the right temperature

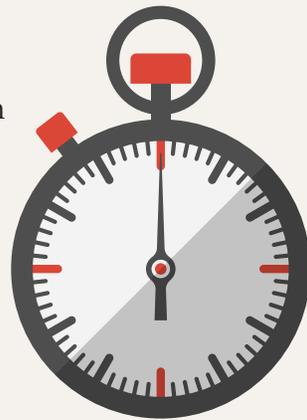
Use a food thermometer to check that foods are cooked to the right temperature:

165°F for chicken and
160°F for ground beef.

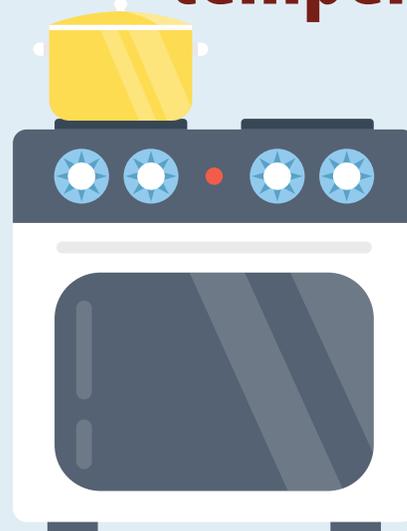


Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's **90°F** or warmer.



Serve at the right temperature



Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.



www.cdc.gov/foodsafety