

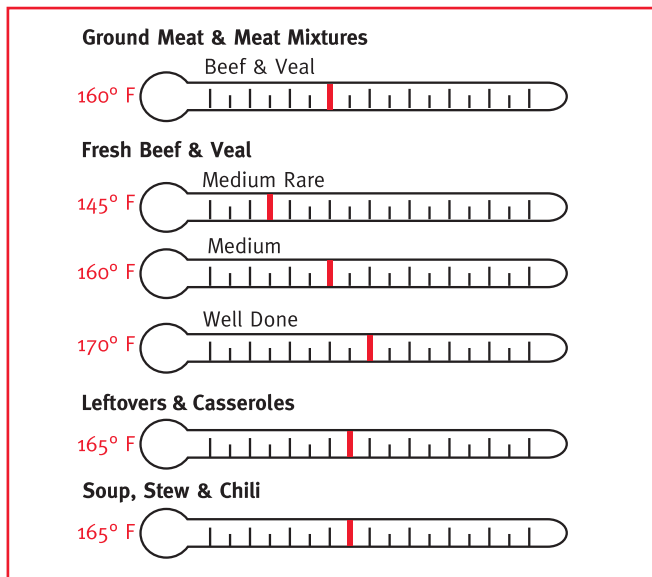
FOOD SAFETY: How to Handle Raw Meat

KEEP YOUR FAMILY SAFE AND HEALTHY There's no reason to fear handling raw meat. In fact, there's a simple four-step process you can follow to prevent foodborne illness in your kitchen and keep your family safe.

- 1. Chill** – Cold temperatures reduce the growth of bacteria. Shop the meat department last, and refrigerate or freeze meat within two hours of purchase. Always defrost and marinate meat in the refrigerator, not on the counter!
- 2. Separate** – Never let raw meat touch ready-to-eat foods. Keep raw meat separate from other foods in your shopping cart; store it on the bottom shelf of your fridge to keep accidental leaks from contaminating other food. Use separate plates, utensils and cutting boards when preparing food at home: one set for raw meat and the second for other foods.
- 3. Clean** – Wash hands for at least 20 seconds (the time it takes to sing *Twinkle, Twinkle Little Star* in hot, soapy water to prevent the spread of bacteria after touching raw meat. Also remember to wash anything that has touched the raw meat, including cutting boards, counters and utensils, in hot, soapy water.
- 4. Cook** – Always cook your meat to the recommended internal temperature. Use a meat thermometer to check for doneness without cutting into the meat. Promptly refrigerate leftovers in a shallow container. Check out the recommended doneness chart below to help you determine safe cooking temperatures.

FOOD SAFETY IS FUN! Enjoy coloring in the images below while learning about food safety.

Color in the thermometer up to the red bar to show the right internal temperature to cook to.



This is BAC; he can make you sick. Color in the Fight Bac! Logo, then visit the Web site to learn more about food safety.



Check out these Web sites for more information on how to keep your kitchen safe:

- www.fightbac.org
- www.fooddetectives.com
- www.scrubclub.org
- www.SafeandSavory160.com



Funded by The Beef Checkoff

©2008 Cattlemen's Beef Board and National Cattlemen's Beef Association



IT'S WHAT'S FOR DINNER.®

www.BeefitsWhatsForDinner.com