



BOSTON PUBLIC HEALTH COMMISSION

FOOD SAFETY

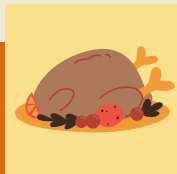
WISHING YOU & YOUR FAMILY A HAPPY AND HEALTHY
HOLIDAY SEASON!

SEPARATE

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags

DON'T CROSS-CONTAMINATE

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



COOK

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs.

Cook to the following internal safe temperatures:

BEEF / PORK / LAMB / VEAL	145°F
FISH	145°F
GROUND MEATS	160°F
POULTRY (CHICKEN/TURKEY)	165°F

CHILL

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep 40°F or below in an insulated cooler.

REFRIGERATE

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



CLEAN

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.