



Basics for Handling Food Safely

Safe steps in food handling, cooking, and storage are essential to prevent foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four Fight BAC!® guidelines to keep food safe:

- Clean - Wash hands and surfaces often.
- Separate - Don't cross-contaminate.
- Cook - Cook to proper temperatures.
- Chill - Refrigerate promptly.

Shopping

- Purchase refrigerated or frozen items after selecting your non-perishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past "Sell-By," "Use-By," or other expiration dates.

Storage

- Always refrigerate perishable food within 2 hours (1 hour when the temperature is above 90 °F).
- Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F or below and the freezer at 0 °F or below.
- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.
- Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
- To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
- In general, high-acid canned food such as tomatoes, grapefruit, and pineapple can be stored on the shelf for 12 to 18 months. Low-acid canned food such as meat, poultry, fish, and most vegetables will keep 2 to 5 years - if the can remains in good condition and has been stored in a cool, clean, and dry place. Discard cans that are dented, leaking, bulging, or rusted.

Preparation

- Always wash hands with warm water and soap for 20 seconds before and after handling food.
- Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
- Cutting boards, utensils, and countertops can be sanitized by using a solution of 1 tablespoon unscented, liquid chlorine bleach in 1 gallon of water.
- Marinate meat and poultry in a covered dish in the refrigerator.

Thawing

- **Refrigerator:** The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- **Cold Water:** For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- **Microwave:** Cook meat and poultry immediately after microwave thawing.

Cooking

- Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.
- All cuts of pork, 160 °F.
- Ground beef, veal and lamb to 160 °F.
- All poultry should reach a safe minimum internal temperature of 165 °F.

Serving

- Hot food should be held at 140 °F or warmer.
- Cold food should be held at 40 °F or colder.
- When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays. Keep food cold by nesting

dishes in bowls of ice or use small serving trays and replace them often.

- Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90 °F).

Leftovers

- Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F).

- Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
- Use cooked leftovers within 4 days.

Refreezing

Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed by other methods, cook before refreezing.

COLD STORAGE CHART

These short, but safe, time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. Because freezing keeps food safe indefinitely, recommended storage times are for quality only.

Product	Refrigerator (40 °F)	Freezer (0 °F)
EGGS		
Fresh, in shell	3 to 5 weeks	Do not freeze
Raw yolks & whites	2 to 4 days	1 year
Hard cooked	1 week	Does not freeze well
LIQUID PASTEURIZED EGGS, EGG SUBSTITUTES		
opened	3 days	Does not freeze well
unopened	10 days	1 year
MAYONNAISE, COMMERCIAL		
Refrigerate after opening	2 months	Do not freeze
FROZEN DINNERS & ENTREES		
Keep frozen until ready to heat	—	3 to 4 months
DELI & VACUUM-PACKED PRODUCTS		
Store-prepared (or homemade) egg, chicken, ham, tuna, & macaroni salads	3 to 5 days	Does not freeze well
HOT DOGS & LUNCHEON MEATS		
Hot dogs		
opened package	1 week	1 to 2 months
unopened package	2 weeks	1 to 2 months

Product	Refrigerator (40 °F)	Freezer (0 °F)
Luncheon meat		
opened package	3 to 5 days	1 to 2 months
unopened package	2 weeks	1 to 2 months
BACON & SAUSAGE		
Bacon	7 days	1 month
Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Smoked breakfast links, patties	7 days	1 to 2 months
Hard sausage — pepperoni, jerky sticks	2 to 3 weeks	1 to 2 months
SUMMER SAUSAGE labeled "Keep Refrigerated"		
Opened	3 weeks	1 to 2 months
Unopened	3 months	1 to 2 months
CORNED BEEF		
Corned beef, in pouch with pickling juices	5 to 7 days	Drained, 1 month
HAM, CANNED labeled "Keep Refrigerated"		
Opened	3 to 5 days	1 to 2 months
Unopened	6 to 9 months	Do not freeze

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Product	Refrigerator (40 °F)	Freezer (0 °F)
HAM, FULLY COOKED		
Vacuum sealed at plant, undated, unopened	2 weeks	1 to 2 months
vacuum sealed at plant, dated, unopened	"Use-By" date on package	
Whole Half Slices	7 days 3 to 5 days 3 to 4 days	
HAMBURGER, GROUND & STEW MEAT		
Hamburger & stew meat	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb, & mixtures of them		
FRESH BEEF, VEAL, LAMB, PORK		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats — tongue, liver, heart, kidneys, chitterlings	1 to 2 days	3 to 4 months
Pre-stuffed, uncooked pork chops, lamb chops, or chicken breasts stuffed with dressing	1 day	Does not freeze well
Soups & Stews Vegetable or meat added	3 to 4 days	2 to 3 months

Product	Refrigerator (40 °F)	Freezer (0 °F)
FRESH POULTRY		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
COOKED MEAT AND POULTRY LEFTOVERS		
Cooked meat & meat casseroles	3 to 4 days	2 to 3 months
Gravy & meat broth	1 to 2 days	2 to 3 months
Fried chicken	3 to 4 days	4 months
Cooked poultry casseroles	3 to 4 days	4 to 6 months
Poultry pieces, plain	3 to 4 days	4 months
Poultry pieces in broth or gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months
OTHER COOKED LEFTOVERS		
Pizza, cooked	3 to 4 days	1 to 2 months
Stuffing, cooked	3 to 4 days	1 month

Food Safety Questions?

Call the USDA Meat & Poultry Hotline

If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at **1-888-MPHotline (1-888-674-6854)**; TTY: 1-800-256-7072.



The hotline is open year-round Monday through Friday from 10 a.m. to 4 p.m. ET (English or Spanish). Recorded food safety messages are available 24 hours a day. Check out the FSIS Web site at www.fsis.usda.gov.

Send E-mail questions to MPHotline.fsis@usda.gov.

Ask Karen!

FSIS' automated response system can provide food safety information 24/7



www.fsis.usda.gov