THE DO’S & DON’TS OF TOUCH AND TEMP TO KEEP FOOD SAFE

THINK BEFORE YOU RINSE
Rinsing poultry increases the chances of spreading raw juices around your kitchen. Remember, cooking to 165 °F is the ONLY way to kill bacteria.

HOME STORAGE OF POULTRY

<table>
<thead>
<tr>
<th>Product</th>
<th>Refrigerator 40 °F (4.4 °C) or below</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Poultry</td>
<td>Maximum 2 days</td>
</tr>
<tr>
<td>Cooked Poultry</td>
<td>Maximum 4 days</td>
</tr>
</tbody>
</table>

- For safety and quality it is best to buy poultry products before the sell by date marked on the package. Freeze or prepare fresh poultry within 2 days.
- Store cooked leftovers in the refrigerator or freezer in air-tight containers labeled with product name and date prepared. Consume within 4 days if not frozen.

Partnership for Food Safety Education
We develop and promote effective education programs to reduce foodborne illness risk for consumers.

www.fightbac.org  @Fight_BAC

4. “Campylobacter.” Centers for Disease Control and Prevention. 03 June 2014
5. “Chicken from Farm to Table.” USDA Food Safety and Inspection Service. 24 Mar. 2015

This publication is based on research by Tennessee State University, Kansas State University and RTI International

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WHY YOU SHOULD PRACTICE SAFE POULTRY HANDLING

After the age of 75, many adults have weakened immune systems, increasing the risk of contracting foodborne illness from germs like Salmonella and Campylobacter.

Foodborne illness usually causes a stomach ache, and in some cases it can lead to kidney failure or other chronic long-term health problems.

In 2014, chicken was linked to 23 outbreaks, and is the food category responsible for the second-largest number of foodborne illnesses. Contaminated food sickens nearly 48 million people in the United States every year—that’s 1 in 6.²

Hospitalization from Salmonella infection increases with age, with elderly males at the highest risk of infection-related hospitalization.³ Even one drop of raw poultry juice could contain enough Campylobacter to cause illness.⁴

SAFELY COOKING POULTRY IS A MATTER OF TEMP.

Poultry must reach an internal temperature of 165 °F to kill bacteria that can cause foodborne illness.

THE DO’S & DON’TS OF TOUCH AND TEMP FOR SAFE POULTRY HANDLING

DON’T TOUCH

IN STORE:

DISINFECT YOUR SHOPPING CART HANDLE

Use disinfectant wipes on surfaces, especially handlebar and child seat.

PLACE POULTRY IN PLASTIC BAG

Use plastic bags provided at meat counter to help avoid cross-contamination.

USE HAND SANITIZER

Use hand sanitizer after touching raw and packaged poultry if soap and water are not available.

DON’T TOUCH

AT HOME:

PLACE IN THE FRIDGE OR FREEZER

Keep poultry in plastic bag and place on a low shelf to prevent leakage from contaminating other foods.

WASH HANDS BEFORE AND AFTER HANDLING

Use warm water and soap to clean hands and surfaces that have potentially come in contact with poultry or its juices.

CHECK TEMP

AT HOME:

THAW IN THE FRIDGE

Keep poultry at or below 40 °F when thawing.

USE A FOOD THERMOMETER

Cook poultry to a safe temperature of 165 °F to kill harmful bacteria.

SAFELY COOKING POULTRY IS A MATTER OF TEMP.

Poultry must reach an internal temperature of 165 °F to kill bacteria that can cause foodborne illness.