THAWING FROZEN FOODS

There are only FOUR ways to do it:

**Sitting in the refrigerator:** it is the safest way but it may take up to a couple of days so plan ahead

**Under cold running water:** don’t forget to use food right when it is done thawing under water. Never thaw under warm/hot/standing water

**During cooking process:** This works well with things like fries and frozen vegetables. Don’t try this with thick items like roasts

**In the microwave:** Don’t forget to eat food right away. This is also not a good way to thaw large items

**Reheating Leftovers**
Leftovers have to be 165°F in two hours or less

Never use a crockpot to reheat because it will take too long

Reheat leftovers in small batches

Never mix leftovers with new cooked food

For more information, please visit: http://www.foodsafety.gov

EXPIRED/OLD FOODS

**Expired Foods:** Do not keep foods past their “best by” or expiration date.

**Old Cooked Foods:** Never keep leftovers/foods past 7 days in the refrigerator

**Lunch Meat/Hot Dogs:** Throw them away after 7 days. If you eat old meats like this it may cause you to have a foodborne illness

For more information and questions call:
(405)425-4319
(405)425-4347
(405)425-4348

Safe Food Handling for Healthy Families

Food Safety & Environmental Health
4900 Richmond Square STE 200
Oklahoma City, Ok 73118
occhd.org/fe
EVERYONE’S GOTTA HAVE ONE!!

**Why is it important?**
It stops us from over/under cooking food

Using thermometers regularly protects your family from getting sick from undercooked foods.

**How to use it and make sure it is working properly**
The thermometer should be placed in the thickest part of the food and should not be touching bone or fat ([hold there for 15 seconds])

Check food item with thermometer towards the end of the cooking time

Make sure you clean it with hot water and soap after every use

Make sure it is working properly by placing it in ice water (Should be 32 degrees)

**Temperature Danger Zone**
Control the temperature of your food by keeping hot foods hot and cold foods cold

Food that is between 41°F - 135°F are in danger zone

Foods in the danger zone can grow bacteria very fast and can make people sick

Make sure you throw away food that has been between these temperatures for four hours

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**HOW DO I KNOW IF MY FOOD IS DONE?**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Food Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>145°F</td>
<td>Steaks, Whole or liquid raw eggs, Fish, Pork, Game animal</td>
</tr>
<tr>
<td>155°F</td>
<td>Ground beef or pork</td>
</tr>
<tr>
<td>165°F</td>
<td>Chicken, poultry, or any stuffed meats</td>
</tr>
</tbody>
</table>

**WASH UP!**

Wash hands with warm water and soap before you eat, prepare, or serve food.

Don’t forget to clean areas with hot water, soap, and bleach before making a meal

Always wash hands right after touching raw meat, fish, and poultry

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**FOODBORNE ILLNESS**

**Foodborne illness** is an infection that is caused by eating food or drinks that have harmful bacteria, parasites, viruses, or chemicals

**Common Symptoms**
Vomiting
Diarrhea
Stomach pain
Fever
Chills

**How to stop it:**
Separate raw meat from vegetables & fruit
Cook food to the right temperature
Chill foods fast
Wash your hands and your area often

**Questions that are asked a lot may be answered here:**
https://www.occhd.org/community/foodprotection/foodborneillness/FAQs

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