

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



Consumer Protection

4900 Richmond Square STE 200
Oklahoma City, Ok 73118
occhd.org/cp

SAFE FOOD HANDLING FOR HEALTHY FAMILIES



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

HOW DO I KNOW IF MY FOOD IS DONE?

145°F

Steaks
Whole or liquid raw eggs
Fish
Pork
Game animal

155°F

Ground beef or pork

165°F

Chicken, poultry, or any stuffed meats

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



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>