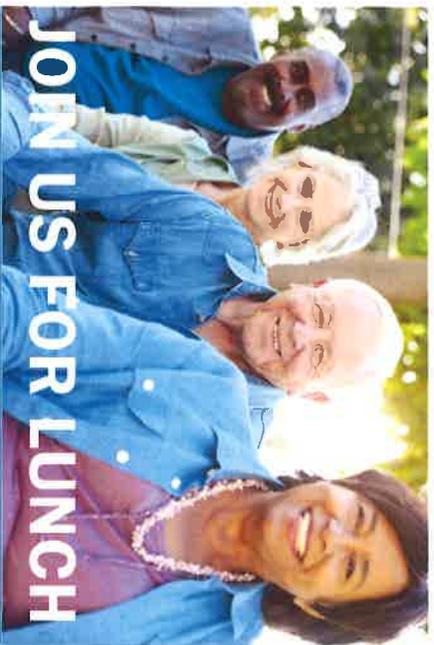


FOOD SAFETY PRECAUTIONS

BE SAVVY WITH YOUR HEALTH!



JOIN US FOR LUNCH

ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and less than 1,200 mg of sodium per meal. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,200 milligrams of sodium.

Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.



COOK

Make sure that food is safely cooked to reach a high enough internal temperature to kill the harmful bacteria that cause food-borne illness by using a food thermometer.

- Cook roasts and steaks to a minimum of 145 °F.
- All poultry should reach a minimum internal temperature of 165 °F
- Cook ground meat to at least 160 °F.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish to 145 °F or until the flesh is opaque and separates easily with a fork.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165 °F.

CLEAN

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, countertops and food.

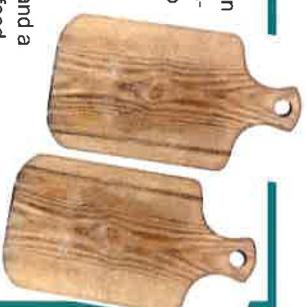


- Wash your hands with warm water and soap long enough to sing the "Happy Birthday" song twice.
- Wash your cutting boards, dishes, utensils, and countertops with hot soapy water after preparing each food item.
- Use fresh paper towels when cleaning kitchen surfaces.
- Rinse all fresh fruits and vegetables under running tap water, including those with skins.

SEPARATE

Improper handling of certain foods can create an inviting environment for cross-contamination which can spread bacteria to food and throughout the kitchen.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.



CHILL

Refrigerate foods quickly. Use an appliance thermometer to be sure the temperature is consistently 40 °F or below. The freezer should be

0 °F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F).
- Never defrost food at room temperature. Thaw food in the refrigerator or in the microwave (then cook immediately). Always marinate food in the refrigerator.
- Use or discard refrigerated food on a regular basis.

