

Fruits and Vegetables



- Rinse all fruits and vegetables with water before eating them. This includes produce with skins like avocados, bananas, and melons.
 - When fruits and vegetables are cut, bacteria from the skin can get into the part you eat.
 - Do not use soap or bleach to wash your fruits and vegetables.
- Do not rinse packaged fruits and vegetables labeled “ready-to-eat” or “washed.”
- Keep fruits and vegetables stored above and away from uncooked meat, seafood, chicken, eggs, or chemicals.



Cleaning Up

- Wash your hands with soap and water for 20 seconds. If you do not have soap and water, use a hand sanitizer with 60% alcohol. Cover your hands with the sanitizer and rub them together until they feel dry.
- Wash your hands before and after touching food, after you sneeze, blow your nose, and use the bathroom.
- Wash and rinse dishes, knives, forks, and spoons with hot soapy water before and after eating food.
- Clean kitchen counters and tables with soap or disinfectant and use paper towels or dish towels. Wash dish towels often in hot water.



Helpful Hints

- Foods that spoil fast are called perishable. Eat those foods first.
 - Foods like cooked chicken, cooked noodles or pasta, sandwiches, salads, milk, and fresh whole and cut fruit are perishable.
 - Eat, freeze, or throw away perishable food within 7 days.
 - Foods like nut butters (peanut, almond, soy), crackers, uncooked noodles or pasta, canned foods, and frozen foods stay fresh longer. Eat these last.
- Containers of milk that have not been opened are usually safe to drink for up to 1 week after the sell-by date. If you are not sure, smell it first. If it smells bad, do not drink it.
- If you are sick do not handle food.

More Food Safety Information:

- www.canr.msu.edu/eat_healthy_be_active/food-safety
- www.canr.msu.edu/safe_food_water/
- www.fightbac.org/food-safety-basics/the-core-four-practices/
- www.fightbac.org/food-safety-education/safe-produce/
- www.foodsafety.gov
- www.michigan.gov/foodsafety

Keeping Your Meals at Home Safe

As we try to keep our families safe during the pandemic, we hope these food safety tips can be good reminders.



When You Are Cooking

- Microwave tips:
 - Do not put metal in the microwave (foil, tin can, etc.).
 - When using the microwave, cover food. Stir or turn the food halfway through cooking to heat evenly.
- Oven tips:
 - Do not put items that can burn in the oven (plastic, paper, cotton, etc.).
 - When using the oven, set the temperature to 325 degrees or higher.
- If you have a food thermometer, be sure foods are cooked to a safe internal temperature.
 - Use your thermometer to check the temperature in 2-3 places, including the thickest part of the meat to make sure the food cooked evenly.
 - Allow meat to sit for three minutes before carving or eating it. This will help the meat keep moisture and have better flavor.
 - Here are safe temperatures for cooking certain foods:
 - whole cuts of **beef, pork, veal, and lamb** – 145°F
 - **ground meats**, such as beef and pork – 160°F
 - **poultry**, including ground chicken and turkey – 165°F
 - **fresh ham** (raw) – 145°F
 - **fish** – 145°F
 - **leftovers and casseroles** – 165°F
- If you don't have a thermometer, cook raw meats until there is no blood and the meat is not pink

Keeping Things Cold



- After getting your food, refrigerate or freeze it in two hours or less.
- If it is above 90 degrees outside, refrigerate or freeze your food immediately.
- After cooking food, put in small containers and refrigerate leftovers in two hours or less.
- Keep your refrigerator at 40 degrees or below. Freezers need to be at 0 degrees or below.
- Thaw frozen food in the refrigerator or in the microwave. Never thaw food on the counter. Bacteria grows fast at room temperature.

MEET UP and EAT UP™ Healthy food to fuel your summer.

For information about where to find Meet Up and Eat Up Site locations, visit www.michigan.gov/meetupeatup

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