

# HOME FOOD SAFETY CHECKLIST

## HYGIENE

- ✓ Always wash hands with soap and warm water before touching food
- ✓ Tie back hair when preparing food
- ✓ Cover cuts, sores, burns on hands with a water-proof bandage
- ✓ Do not taste food with the same utensil that will be put back in the food product
- ✓ Do not lick fingers while preparing food
- ✓ Cover mouth/nose when coughing or sneezing and wash hands

## TEMPERATURES

- ✓ Do not keep perishable food at room temperature for more than 3 hours
- ✓ Keep refrigerated food at 41°F or lower
- ✓ Never defrost food on the counter at room temperature. Either defrost in the refrigerator, under cold running water, or as part of the cooking process
- ✓ Cook foods throughout to at least:
  - Pork, fish, eggs 145°F
  - Whole roasts 130°F (for 3 hours)
  - Hamburger 155°F
  - Chicken, turkey 165°F
  - Stuffed foods 165°F
- ✓ Use chafing dishes (electric or sterno) to hold hot foods at 140°F or higher
- ✓ Cool foods quickly using shallow pans or breaking down into smaller portions
- ✓ Reheat leftovers to at least 165°F
- ✓ Use a metal stemmed food thermometer to check temperatures
- ✓ Discard food that has been between 41-140°F for longer than 3 hours.

## PREVENTING CONTAMINATION

- ✓ Wash preparation surfaces, cutting boards, utensils prior to and between uses
- ✓ Store raw meat, fish and poultry on lowest refrigerator shelf
- ✓ Do not store food on the floor
- ✓ Keep food storage areas clean
- ✓ Store cleaners and chemicals physically separate from food

## FOOD HANDLING

- ✓ Discard spoiled, moldy or outdated food
- ✓ Do not use food from cans that are rusted, severely dented, dented on the seam/edge or are bulging.
- ✓ Do not sample unbaked batter or dough that contains raw egg
- ✓ Discard leftovers after one re-heating

**REMEMBER: WHEN IN DOUBT  
THROW IT OUT**

If you have any questions contact us at:

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