

Food Safety in 4 Simple Steps

Spoiled food is not always obvious. Food that looks, smells, or tastes normal may contain bacteria or viruses that can make you sick. Follow these four simple steps to make sure your food is safe to eat!

Step 1: Clean

- Wash your hands and prep surfaces often.
- Wash and sanitize cutting boards and countertops.
- Wash produce.

Step 2: Separate

- Prevent cross contamination by separating raw meat, poultry, fish, etc. from other foods in shopping carts, grocery bags, and refrigerator.
- Place raw meats at the bottom of the refrigerator so their juices don't drip on other foods.
- Never place cooked food on the same plate or cutting board that held raw meat, poultry, fish, etc.

Step 3: Cook to safe temperatures

- Use a food thermometer to measure internal temperature of cooked foods
- Bring sauces, soups, and gravy to a boil when reheating. Reheat other leftovers to 165°F.

Step 4: Chill

- Refrigerate or freeze meat, poultry, and other perishables within two hours of cooking or purchasing.

Adapted from: <https://www.fda.gov/media/83744/download>

Pasta Salad

Serves: 6 | Serving Size: 1 cup

INGREDIENTS

4 cups whole wheat pasta, cooked
1 cucumber, chopped
1 tomato, chopped
1/2 green pepper, chopped
1/2 red onion, chopped
1/3 cup reduced fat Italian salad dressing

INSTRUCTIONS AND TIPS

1. Combine all ingredients in a large bowl. Mix well.
2. Cover and refrigerate.
3. Toss before serving.

Tips: Try adding seasonal vegetable (e.g., asparagus, zucchini). Start with 2 cups of uncooked pasta to get 4 cups cooked.

Storage: Keep in an airtight container for up to 4 days.

Nutritional analysis (1 cup): 170 calories, 2g fat, 0g saturated fat, 125mg sodium, 31g carbohydrates, 4g fiber, 4g sugar, 5g protein.

Recipe adapted from: <https://spendsmart.extension.iastate.edu/recipe/pasta-salad/>

Cook to Perfection

It is important to cook meats to the proper cooking temperature. This lowers the risk for foodborne illness.

Make sure your food is cooked to the internal temperatures listed below.

Ground Beef: 160°F

Ground Poultry: 165°F

Poultry: 165°F

Seafood: Cook until opaque. ~145°F

Leftovers: 165°F

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