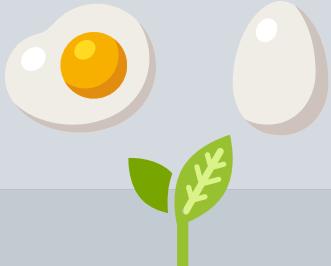


Safety Tips for handling and preparing common foods

HELP
Prevent Food
Poisoning!

Type of FOOD	AVOID	Better CHOICE
	MEAT & POULTRY Raw or undercooked meat or poultry	Meat or poultry cooked to a safe internal temperature. Use a food thermometer to check. https://www.foodsafety.gov/keep/charts/mintemp.html
	SEAFOOD • Raw or undercooked fish, shellfish, or food containing raw or undercooked seafood, such as sashimi, some sushi, and ceviche. • Refrigerated smoked fish	• Leftover seafood heated to 165°F • Canned fish and seafood • Seafood cooked to 145°F
	DAIRY Unpasteurized (raw) milk	Pasteurized milk
	EGGS Foods that contain raw or undercooked eggs, such as: • Homemade Caesar salad dressing • Raw cookie dough • Eggnog	Use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs.
	SPROUTS Raw or undercooked sprouts, such as alfalfa, bean, or any other sprout	• Cooked sprouts • No sprouts
	VEGETABLES Unwashed fresh vegetables, including lettuce/salads	• Washed fresh vegetables, including salads • Cooked vegetables
	CHEESE Soft cheeses made from unpasteurized (raw) milk, such as queso fresco, blue-veined, feta, Brie, and Camembert	• Soft cheeses that are clearly labeled "made from pasteurized milk" • Processed cheeses, cream cheese, mozzarella, hard cheeses

