RULES *of* the GAME *for* Food Safety

Keep it clean

Before you eat or handle food, wash your hands, food prep tools and surfaces.

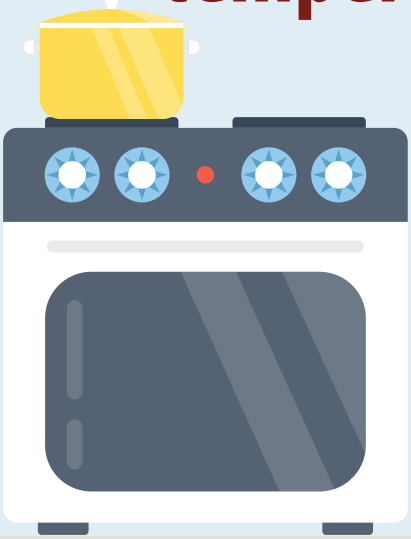
Cook to the right temperature

Use a food thermometer to check that foods are cooked to the right temperature:
165°F for chicken and
160°F for ground beef.

Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's **90°F** or warmer.

Serve at the right temperature



Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.

www.cdc.gov/foodsafety

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