Food Safety at Home

Follow these tips to prevent foodborne illness.

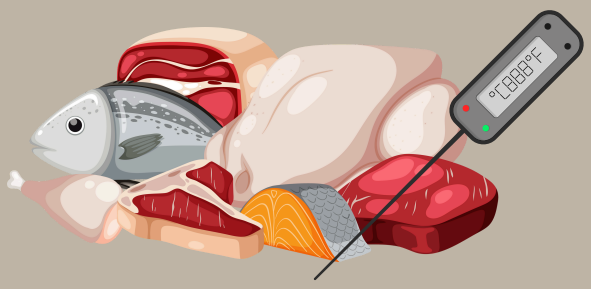
Public Health
Prevent. Promote. Protect.
Zanesville-Muskingum County

Food Preparation

- Wash hands with soap and warm water for 20 seconds before handling food.
- Wash hands after handling raw meats.
- Wash cutting boards, utensils, and cookware with soap and warm water.
- Use one cutting board for raw meats.
- Rinse vegetables and fruits with cold water.
- To prevent cross-contamination, do NOT rinse raw meats.
- Thaw and marinate food in the refrigerator.

Internal Cooking Temperatures

- Cook poultry and reheat leftovers to 165°F.
- Cook ground beef and pork to 155°F.
- Cook in-shell eggs, fish, shellfish, whole beef, whole pork, and lamb to 145°F.
- Cook vegetables and pre-cooked foods to 135°F.



Refrigeration Safety

Use a fridge thermometer to monitor temperatures!

- Set refrigerator temperature at or below 40°F.
- Clean refrigerator regularly to remove spoiled foods and spills.
- Store ready-to-eat (pre-washed and cut fruits and veggies, deli meats, salads, etc.) on top shelves above raw foods.
- Refrigerate leftovers promptly within two hours of cooking (or one hour if above 90°F).
- Use airtight containers.
- Eat leftovers within 3-4 days or freeze.