

Cooking Techniques



Make sure food is adequately cooked. Beef should be pink, not red, in the center. Chicken and pork should be white all the way through.

Food	Internal Temp
Beef steak	160° F
Chicken breast	145° F
Pork Chops	145°F

Central Colorado AHEC

Proper Food Handling for Your Health!



Central Colorado AHEC

10200 E. Girard Ave
Denver, CO 80206
Phone: 303.481.8686
www.centralcoahec.org



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Phone: 303.481.8686

Food Safety



What is Food Safety?

You want the best for your family; that's why you work hard to give them healthy food.

"Food Safety" is a term we use to describe all the ways we keep germs and bacteria from sneaking in to our healthy food. Food Safety includes:

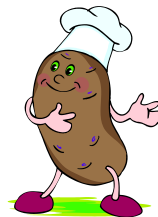
- 1) Proper food handling techniques to avoid cross contamination
- 2) Proper storage techniques to avoid spoiling
- 3) Proper cooking techniques to make sure the food is fully cooked

Food handling

Uncooked food can be full of germs and contaminants that can be dangerous to your health. Raw meat can carry the bacteria *Salmonella* and unwashed root vegetables can carry *Botulism*.

For safe food handling, always:

- 1) Wash your hands before you start cooking.
- 2) Cut meat and vegetables on separate cutting boards. Clean the knife in between cutting the meat and the vegetables.
- 3) Peel most vegetables before eating. Some vegetables, like potatoes, can be eaten with the skin on. Be sure you wash the skin thoroughly before eating.
- 4) Wipe down all cooking counters with soap and water Wash your hands when you're done.



Safe Storage

Most fresh and homemade foods need to be refrigerated once they are cooked. The chart below gives an estimate of how long it is safe to keep food in the refrigerator. Always look at your left overs before you eat them. If you see mold or spoiled areas, do not eat it.

Food	Fridge 40° F	Freezer 0° F
Egg Salad	3-5 days	Doesn't freeze well
Hot dogs (opened)	1 week	1-2 months
Lunch meat (opened)	3-5 days	1-2 months
Bacon (raw)	7 days	1 month
Hamburger	1-2 days	3-4 months
Chicken (raw)	1-2 days	9 months
Soup	3-4 days	2-3 months
Leftovers	3-4 days	2-3 months
Eggs	2 weeks	Doesn't freeze well