

# Healthy Holidays are Happy Holidays!

Here are the 4 food safety tips you need to know.



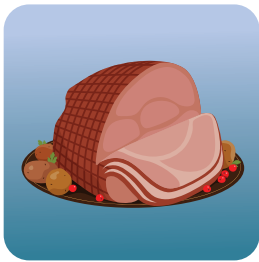
## Wash Your Hands

- Always wash your hands before and after preparing food
- Scrub your hands for at least 20 seconds



## Keep Food Separated

- Always keep different types of raw meat separate from each other and separate from other foods in the kitchen
- Store raw meat on the bottom shelf of the refrigerator
- Always use different cutting boards for raw meat and other foods, and always wash them before and after use



## Cook Meat Thoroughly

- Use a food thermometer to check for safe cooking temperatures and measure from the thickest part of the food.
- Poultry like chicken should be cooked to 165F
- Whole cuts of beef, pork and fish should be cooked to 145F
- Hamburgers and other ground beef should be cooked to 160F



## Keep Food out of the “Danger Zone”

Keep hot food hot and cold food cold. Hot food should be kept at or above 135F and cold foods should be kept at or below 41F.

For more information on preparing food safely, visit [bit.ly/DCFoodSafety](https://bit.ly/DCFoodSafety)

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