

TIPS FOR WRITING FOOD SAFE RECIPES



Beyond creating delicious meals, people who write recipes have an important role to play in helping others remember to cook their food safely. Did you know that when recipes include food safety tips, people are more likely to follow those steps and cook their foods safely? Help prevent the spread of foodborne illness by including simple reminders for safe food handling and preparation in all your recipes.



PREPARING FRUITS AND VEGETABLES SAFELY



All fruits and vegetables not labeled as “pre-washed” should be rinsed under running water and dried, including hard-rind produce like avocados and cantaloupes. Washing these foods helps prevent contaminants from transferring from the outside of the fruit or vegetable to the inside during peeling or cutting.

Does your recipe include produce? Add these instructions:

- Cut off bruised or damaged areas.
- Wash fruits and vegetables under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
- Dry with a paper towel or salad spinner.



COOKING WITH MEAT, POULTRY, SEAFOOD, EGGS, AND FLOUR

Raw meat, poultry, seafood, eggs, and flour should be stored and handled separately from produce. Remind your recipe readers and followers that it's never safe to eat raw dough or batter (raw flour and raw eggs can contain harmful bacteria), and that a food thermometer is an important tool to ensure that meat, poultry, seafood, and eggs are cooked thoroughly and kept at a safe temperature before serving.



Add these instructions to your recipes that contain meat, poultry, seafood, eggs, or flour to make them food safe:

- Wash utensils that have touched uncooked meat, poultry, seafood, eggs, or flour before using them with produce that will be eaten raw.

- Clean kitchen surfaces before, during, and immediately after use when preparing food.
- Wash hands often, especially after touching raw meat, poultry, seafood, eggs, or flour.
- After cooking, use a food thermometer to check the temperature of the thickest part of the food to make sure that it has reached a safe minimum internal temperature:

Beef, pork, veal, and lamb (chops, roasts, steaks)	145 °F (allow meat to sit for 3 minutes between cooking and serving)
Ground meat	160 °F
Fish	145 °F or when flesh is opaque
Egg dishes	160 °F (yolks and whites will be firm)
Poultry	165 °F

- Clean your food thermometer with soap and water before and after use.
- Check that foods containing flour are baked thoroughly before tasting.
- If not serving immediately, place food in a warmer that can keep it at 140 °F or above (as indicated on a food thermometer).



STORING FOOD SAFELY



Leftovers should be placed in sealed containers and refrigerated or frozen within 2 hours of preparation, or 1 hour if kept in temperatures above 90 °F. Refrigerators should be set to 40 °F or below and freezers to 0 °F or below (as indicated by an appliance thermometer) and not overfilled.

Add these recipe instructions to keep your leftovers fresh and safe:

Salads (vegetable, egg, chicken, ham, tuna, and macaroni)	Refrigerate for 3-5 days	Do not freeze
Soups and stews	Refrigerate for 3-4 days	Freeze for 2-3 months
Cooked meat or poultry	Refrigerate for 3-4 days	Freeze for 2-6 months
Casseroles or pies containing eggs	Refrigerate for 3-4 days	Freeze for 2-3 months
Hard-boiled eggs	Refrigerate for up to one week	Do not freeze

Visit www.fda.gov/food to find out more about cooking and storing food safely.