



USOPC

Food Safety



Food Storage Tips



Freezing proteins, fruits, and vegetables can extend shelf life! Buy already frozen or place raw foods in baggies to freeze yourself! (Don't forget to label and date)

Dairy should be stored on the top shelf (coldest section of the fridge) along with ready to eat foods and leftovers.

Raw meats and eggs should be stored on the lowest shelf of the refrigerator to prevent contamination of other foods.

Condiments, sauces and beverages are best kept in the side door for easy access.

Keep fruits and vegetables in the crisper drawers to help extend their freshness!

When choosing foods for preparation, follow F.I.F.O rule: First In, First Out!

Properly storing food ensures food safety and optimum freshness, which can help save money!



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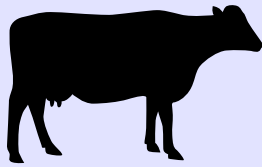
Food Safety



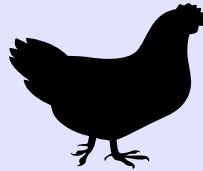
Cooking Temperatures

Safe Internal Cooking Temperatures

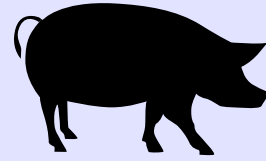
Use a meat thermometer to check the internal temperature of foods before consuming.



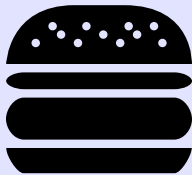
Steak
145 F



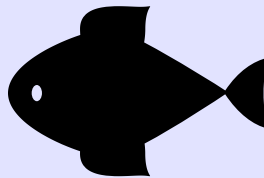
Chicken
165 F



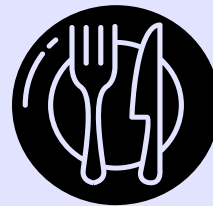
Pork
145 F



Ground Meat
160 F



Fish & Shellfish
145 F



Leftovers
165 F



Meat thermometers are often found in the utensil section of your local grocery store.

