

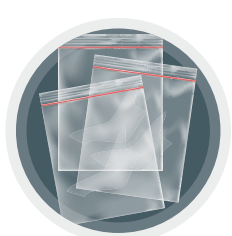
5 Steps to Clean Your Refrigerator



If you have a recalled food item in your refrigerator, it's important to throw out the food and clean your refrigerator. Germs in the recalled food could spread to drawers or shelves in your refrigerator.

Follow these 5 steps for cleaning your refrigerator

ITEMS YOU'LL NEED



SEALED BAGS



HOT, SOAPY WATER



CLEAN TOWELS



WATER + BLEACH
optional

1

Throw out the recalled food, and any other foods stored with it or touching it. Put it in a sealed bag in the garbage.



IF THE RECALLED FOOD WAS STORED IN A REUSABLE CONTAINER, WASH IT WITH HOT, SOAPY WATER BEFORE REUSING.



2

Empty the rest of the items in your refrigerator and put them on a counter or table while you clean. Take out shelving, drawers, and any other removable parts.



DON'T LEAVE FOODS OUT THAT NEED TO BE KEPT IN THE REFRIGERATOR FOR MORE THAN TWO HOURS.



3

Wash shelving, drawers, and any other removable parts by hand with hot, soapy water.

Dry with a clean towel.



DON'T RUN COLD GLASS SHELVES OR DRAWERS UNDER HOT WATER — THE GLASS COULD CRACK. LET THEM COME TO ROOM TEMPERATURE FIRST.



4

Wipe the inside of the empty refrigerator with hot, soapy water, then wipe with clean water to rinse off soap. Dry with a clean towel.



DON'T FORGET TO WIPE INSIDE THE DOORS AND ANY DRAWERS THAT CANNOT BE REMOVED.



optional

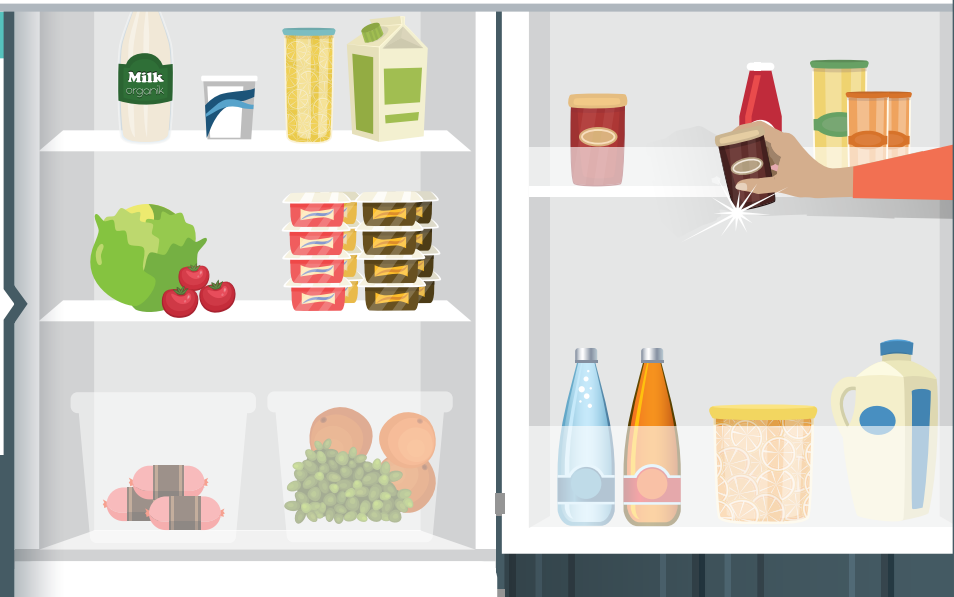
USE A SOLUTION OF 1 TABLESPOON OF LIQUID BLEACH IN 1 GALLON OF WATER TO SANITIZE YOUR REFRIGERATOR. DO THIS AFTER CLEANING IT WITH HOT, SOAPY WATER.

5

Put the shelves, drawers, and other removable parts back in the refrigerator, along with the other items you took out.



WIPE FOOD AND DRINK CONTAINERS WITH HOT, SOAPY WATER BEFORE RETURNING TO THE CLEAN REFRIGERATOR.



AND DON'T FORGET!

Wash your hands with water and soap once you've finished cleaning.

Use hot, soapy water to wipe kitchen counters that held food, drinks, refrigerator parts and any cleaning materials.

Wash any towels you used to dry the refrigerator before using them again.



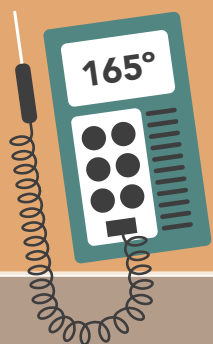
Stay up-to-date on the latest food recalls.
www.foodsafety.gov



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CS301741-A

Accessible version: <https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html>

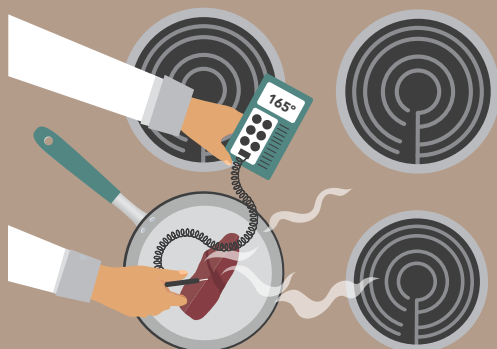


CHEFS, COOKS, AND CATERERS: COOK CHICKEN LIVER LIKE IT'S CHICKEN (IT IS)

Cook Chicken Liver to 165°F



ALWAYS COOK CHICKEN LIVER ALL THE WAY THROUGH



Use a **food thermometer**
(you can't tell by looking)

Cook the inside of the liver
to **165°F**, just like you would
for other chicken parts

BACTERIA INSIDE + PARTIAL COOKING = RECIPE FOR ILLNESS

You might be
used to leaving
the middle **rare**
when cooking
chicken liver
for **pâté and**
similar dishes.

But ***Campylobacter*** is
a type of bacteria that
can live **inside** chicken
liver. If the middle
isn't cooked to **165°F**,
bacteria can survive
and cause illness.



most often



cramps, diarrhea
(sometimes
bloody), fever

less often



life-threatening illness,
or even death

At higher risk



PROPER COOKING CAN PREVENT ILLNESSES



U.S. outbreaks from eating
undercooked chicken liver
are **on the rise**. Most are
associated with restaurants.



In one outbreak, the restaurant
went out of business after
customers ate undercooked
chicken liver and got sick.



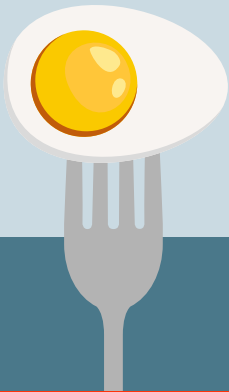
Chefs, cooks, and caterers
are **key** to helping prevent
these outbreaks.



Centers for Disease
Control and Prevention
National Center for
Environmental Health



Learn more:
www.fsis.usda.gov/ChickenLiver



Eat Safe Food after a Power Outage



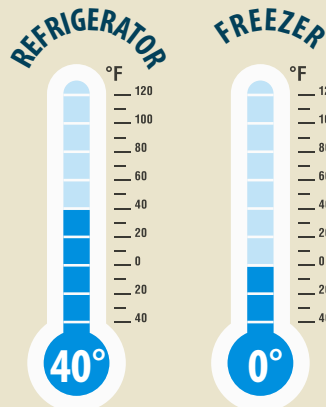
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

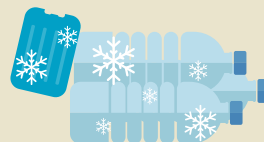
Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.



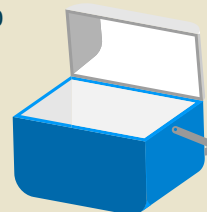
Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

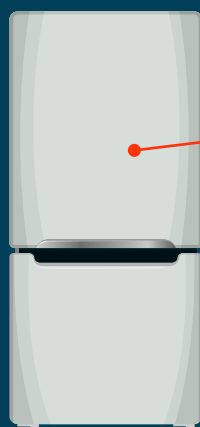
Have a cooler handy.

Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.



During

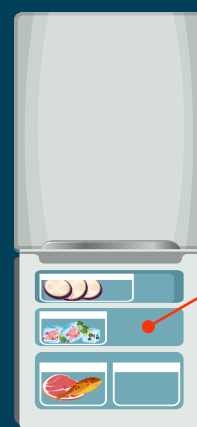
KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40°F or below.



www.cdc.gov/foodsafety

STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.



Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home

Get fruits & vegetables home and in the fridge in 2 hours or less



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

302879A

Accessible version: <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

GEAR UP

for food safety!



Choose and use these kitchen tools every time you prepare food to help prevent food poisoning.

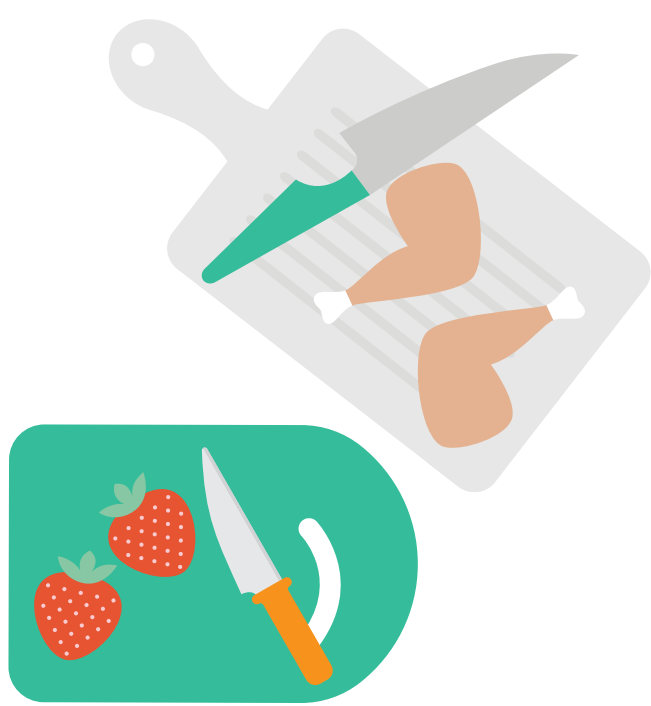
Kitchen Sink

- Wash your hands for **20 seconds** with soap and running water.
- Wash fruits and vegetables before peeling.
- Do not wash meat, poultry, or eggs.



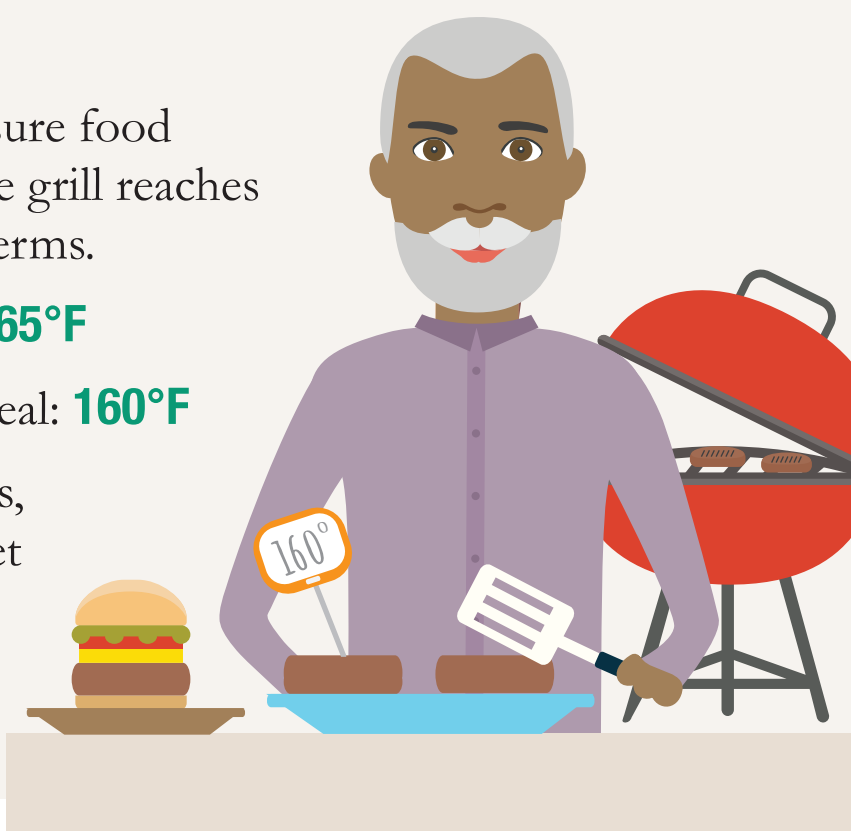
Cutting Board and Utensils

- Use separate cutting boards, plates, and knives for produce and for raw meat, poultry, seafood, and eggs.
- Clean with hot, soapy water or in dishwasher (if dishwasher-safe) after each use.



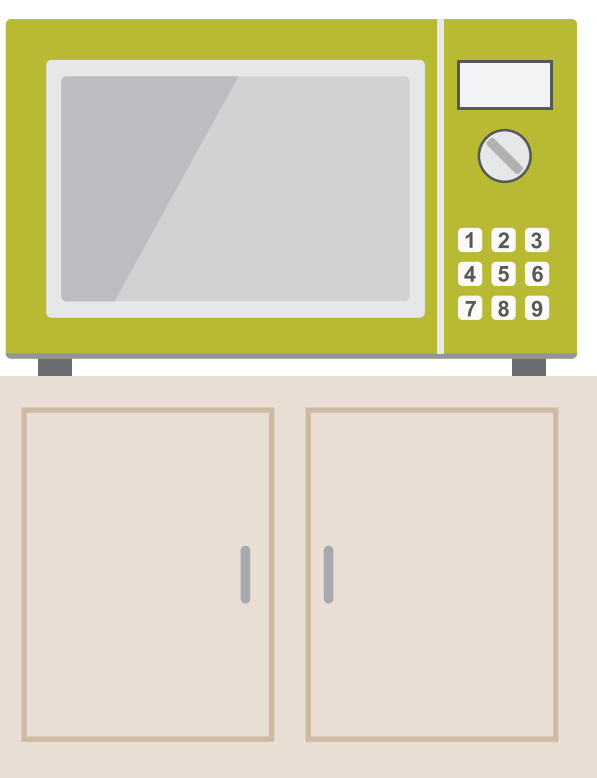
Thermometer

- Use a food thermometer to make sure food cooked in the oven, stove or on the grill reaches a temperature hot enough to kill germs.
 - All poultry, including ground: **165°F**
 - Ground beef, pork, lamb, and veal: **160°F**
 - Beef, pork, lamb, and veal chops, roasts and steaks: **145°F** (then let rest 3 minutes before serving)
 - Fish: **145°F**



Microwave

- Know your microwave's wattage.
 - Check inside the door, owner's manual, or manufacturer's website. Lower wattage means longer cooking time.
- Follow recommended cooking and standing times, to allow for additional cooking after microwaving stops.
- When reheating, use a food thermometer to make sure food reaches **165°F**.



Refrigerator

- Keep your refrigerator between **40°F** and **32°F**, and your freezer at **0°F** or below.
- Refrigerate fruits, vegetables, milk, eggs, and meats within **2 hours**; (**1 hour** if the temperature is **90°F** or higher).
- Store raw meat on the bottom shelf away from fresh produce and ready-to-eat food.
- Throw out foods left unrefrigerated for over **2 hours**.
- Thaw or marinate foods in the refrigerator.



Computer or mobile devices

- Look for more tips to keep food safe at www.cdc.gov/foodsafety
- Stay up to date on food recalls at www.foodsafety.gov/recalls



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/foodsafety

Accessible version: <https://www.cdc.gov/foodsafety/communication/food-safety-in-the-kitchen.html>

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below **40°F** in an insulated cooler.



Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F to 300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).

