



Give Them More  
of the  
Good Stuff!

# Keep Food Safe

## Wash your Hands

- ✿ before preparing food.
- ✿ after touching raw meat, seafood, poultry or eggs.

*Reduce bacteria in the kitchen  
to lower the risk of illness.*



## Rinse Produce

- ✿ For tender foods such as berries, rub gently under cool running water.
- ✿ For firm foods such as potatoes, scrub with a clean vegetable brush under running water.



## Clean Surfaces

- ✿ Wash counters, cutting boards, knives and other tools with hot soapy water after each use.

## Prevent the Spread of Bacteria

- ✿ Put raw meat, seafood and poultry on the bottom shelf of the refrigerator, away from fresh produce and ready-to-eat food.
- ✿ Wipe up refrigerator spills right away and clean the inside often.
- ✿ Do not rinse raw meat, seafood or poultry. Cooking them will kill bacteria.
- ✿ Do not put cooked food on a plate that held raw meat, seafood, poultry or eggs.
- ✿ Do not reuse marinades used on raw foods.

To learn more, go to [www.foodsafety.gov](http://www.foodsafety.gov)

## Kitchen Towels and Sponges



Change towels often and wash them with hot water. Sanitize sponges at least weekly and replace them often.

Here are 2 ways to sanitize:

- 1) Wash sponges in the dishwasher using a heated drying cycle.
- 2) Microwave wet, non-metallic sponges on HIGH for one minute. Let cool before touching.

## Store Well Waste Less

- Keep the refrigerator temperature at or below 40 degrees F and the freezer at 0 degrees F.
- Put cold foods in the refrigerator or freezer as soon as you get home with them.
- Thaw and marinate foods in the refrigerator, not on the counter.



- Refrigerate or freeze leftovers within 2 hours (or 1 hour if the temperature outside is above 90 degrees F).



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. 2021 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

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# Cook and Serve Food Safely

## Skillet-Braised Chicken

This recipe works great on its own or in any recipe that uses cooked chicken.

### Directions:

1. Wash hands with soap and water.
2. Season chicken breasts that are about 1-inch thick. In a lightly greased skillet over medium-high heat, sauté the chicken for one minute on each side until lightly browned.
3. Wash hands, surfaces and tools after touching raw chicken.
4. Cover the skillet with a tight-fitting lid. Reduce the heat to low and cook for 10 minutes. Do not lift the lid.
5. Turn off the heat and let the chicken rest for 10 minutes. Do not lift the lid.
6. Check for an internal temperature of 165 degrees F on a food thermometer to know the chicken is safely cooked. If not yet done, cover and return to low heat for 3 to 5 minutes and check temperature again.
7. Refrigerate leftovers within 2 hours or freeze for longer storage.

## Tips for Using a Food Thermometer:

- ❁ Put the thermometer in the middle of the thickest part of the food, making sure it does not touch the cooking dish or any bone.
- ❁ Find the safe cooking temperature of foods in the table below.
- ❁ Wash the thermometer after each use with hot, soapy water.
- ❁ Check your thermometer each month by putting it in ice water to see if it reads 32 degrees F. If it does not, look for manufacturer directions that may tell you how to adjust it.

### Cook to at least the temperature listed:

Beef, pork and lamb	145 degrees F
Ground beef, pork and lamb	160 degrees F
Egg dishes	160 degrees F
Chicken, turkey and other poultry	165 degrees F
Casseroles and leftovers	165 degrees F

## Quick Chicken Rice Soup

### Ingredients:

- 4 cups water
- 4 cups low-sodium chicken broth
- ½ cup white rice
- 1 cup cooked and chopped chicken
- 2 cups mixed vegetables (fresh, frozen, or canned, drained and rinsed)
- 1 teaspoon oregano or thyme (or a mixture)
- ¼ teaspoon pepper

### Directions:

1. Wash hands with soap and water.
2. In a large saucepan, bring water and broth to a boil. Add the rest of the ingredients. Reduce heat to simmer, cover the pan and cook for 20 minutes or until the rice and vegetables are tender. Serve warm.
3. Refrigerate leftovers within 2 hours or freeze for longer storage.

### Notes:

- Try with brown rice. Simmer for 45 minutes or until the rice is tender.
- Try other seasonings, such as rosemary or crushed red pepper.

Makes 8 cups

Prep time: 10 minutes

Cook time: 25 minutes



## Kids Can!

While kids help make healthy food, they can learn about food safety. Kids can:

- ❁ find the food safety directions in these recipes. (Hint: there are 6.)
- ❁ prevent the spread of bacteria by following the food safety directions in recipes.