

Tennessee Department of Human Services
Child and Adult Care Food Program and
Summer Food Service Program





CLEAN

Food Safety Step: Clean

- Wash your hands with warm running water and soap for at least 20 seconds before and after handling food.
- Clean and/or sanitize the surfaces used for food preparation.
- Clean your cutting boards, dishes, utensils, and other items used during food preparation with hot soapy water after preparing each food item **and** before you go on to the next food.
- Rinse fresh fruits and vegetables under running water before eating or cooking. You should also rinse those fruits and vegetables that have skins and rinds that are not eaten.

SEPERATE

Food Safety Step: Separate

- When shopping, separate raw seafood, meat, and poultry in plastic bags in your grocery cart. If there are no plastic bags available, separate the raw foods from the other foods in your cart.
- When preparing foods, use a separate cutting board for raw meats, poultry, and seafood, and another one for fresh produce.
- When serving foods, keep cooked foods separate from utensils, cutting boards, and other items where raw foods were used.
- When storing raw foods in your refrigerator, keep raw meat, poultry, seafoods, and eggs separate from all other foods in the fridge.

Food Safety Step: Cook



[FoodSafety.gov](https://www.foodsafety.gov)

Safe Minimum Cooking Temperatures Charts

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Date Last Reviewed April 12, 2019

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature>

Cook Food Safety Tips:

- Use a food thermometer to check the internal temperature of your burgers and other meats.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups, and gravy to a boil when reheating.

CHILL

Food Safety Step: Chill

- Chill the food by refrigerating or freezing the rest of the meal as leftovers. Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Bacteria that causes food poisoning can multiply rapidly if the food is left at room temperature or in the “danger zone” between 40°F and 140°F.
- Refrigerate any perishable foods within two hours. If the temperature is above 90°F (i.e. picnic or hot car), refrigerate the remains of the meal within one hour.
- Keep your refrigerator temperature at 40°F or below and your freezer to 0°F or below.
- Thaw frozen food safely in the refrigerator, cold water, or the microwave.

Cold Food Storage Chart

FoodSafety.gov

Cold Food Storage Chart

Food	Type	Refrigerator (40 °F or below)	Freezer (0 °F or below)
Salad	Egg, chicken, ham, tuna and macaroni salads	3 to 4 days	Does not freeze well
Hot dogs	Opened package	1 week	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Luncheon meat	Opened package or deli sliced	3 to 5 days	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Bacon and sausage	Bacon	1 week	1 month
	Sausage, raw, from chicken, turkey, pork, or beef	1 to 2 days	1 to 2 months
	Sausage, fully cooked, from chicken, turkey, pork, or beef	1 week	1 to 2 months
Hamburger and other ground meats	Hamburger, ground beef, turkey, veal, pork, lamb, and mixtures of them	1 to 2 days	3 to 4 months
Fresh beef, veal, lamb, and pork	Steaks	3 to 5 days	4 to 12 months
	Chops	3 to 5 days	4 to 12 months
	Roasts	3 to 5 days	4 to 12 months
Ham	Fresh, uncured, uncooked	3 to 5 days	6 months
	Fresh, uncured, cooked	3 to 4 days	3 to 4 months
	Cured, cook-before-eating or uncooked	5 to 7 days or "use by" date	3 to 4 months
	Fully-cooked, vacuum-sealed at plant,	"Use by" date	1 to 2 months

Food	Type	Refrigerator (40 °F or below)	Freezer (0 °F or below)
	unopened		
	Cooked, store-wrapped, whole	1 week	1 to 2 months
	Cooked, store-wrapped, slices, half, or spiral cut	3 to 4 days	1 to 2 months
	Country ham, cooked	1 week	1 month
	Canned, labeled "Keep Refrigerated," unopened	6 to 9 months	Do not freeze
	Canned, shelf-stable, opened	5 to 14 days	1 to 2 months
	Note: An unopened, shelf-stable, canned ham can be stored at room temperature for 6-9 months.		
Prosciutto, Parma or Serrano ham, dry Italian or Spanish type, cut	2 to 3 months	1 month	
Fresh Poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Eggs	Raw eggs in shell	3 to 5 weeks	Do not freeze. Beat yolks and whites together, then freeze.
	Raw egg whites and yolks Note: yolks do not freeze well	2 to 4 days	12 months
	Raw egg accidentally frozen in shell	Use immediately after thawing	Keep frozen, then refrigerate to thaw
	Hard-cooked eggs	1 week	Do not freeze
	Egg substitutes, liquid Unopened	1 week	Do not freeze

Food	Type	Refrigerator (40 °F or below)	Freezer (0 °F or below)
	Egg substitutes, liquid Opened	3 days	Do not freeze
	Egg substitutes, frozen, unopened	After thawing, 1 week or refer to "use by" date	12 months
	Egg substitutes, frozen, opened	After cooking, 3 to 4 days or refer to "use by" date	Do not freeze
	Casseroles with eggs	3 to 4 days	After baking, 2 to 3 months
	Eggnog, commercial	3 to 5 days	6 months
	Eggnog, homemade	2 to 4 days	Do not freeze
	Pies: Pumpkin or pecan	3 to 4 days	After baking, 1 to 2 months
	Pies: Custard and chiffon	3 to 4 days	Do not freeze
	Quiche with filling	3 to 5 days	After baking, 2 to 3 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months

Date Last Reviewed April 12, 2019

<https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

Foodborne Illness/Food Poisoning

Foodborne illness is an illness or disease that results from eating contaminated food.

Causes of Foodborne Illness

- Bacteria
- Viruses
- Parasites
- Harmful toxins and chemicals
- Allergens



Symptoms of Foodborne Illness

- Upset stomach
- Nausea
- Stomach Cramps
- Vomiting
- Diarrhea
- Fever
- Dehydration

What to Do If You Have A Foodborne Illness

- Preserve the evidence
- Seek treatment
- Contact the local health department
- Contact the USDA Meat and Poultry hotline (1-888-674-6854) or online at <https://foodcomplaint.fsis.usda.gov/eCCF/>

People Who Are High Risk for Foodborne Illnesses

- Pregnant women
- Children younger than 5 years
- Adults age 65 and older
- People whose immune systems are weakened due to illness or medical treatment



Activity: What Is the Solution?

Mistake 1: Eating risky foods, if you are more likely to get food poisoning

Why it is a mistake: Anyone can get food poisoning, but some people are more likely to get sick and have a more serious illness.

Solution: People who are more likely to get food poisoning should not eat the following: undercooked or raw animal products (such as meat, chicken, turkey, eggs, or seafood) unpasteurized (raw) milk, juices, and soft cheese (such as queso), unless it is labeled as made with pasteurized milk.

Mistake 2: Not washing your hands

Why it is a mistake: Germs on your hands can get on food and make it unsafe.

Solution: Wash hands for 20 seconds with soap and running water before, during, and after preparing food and before eating.

Mistake 3: Washing meat, chicken, or turkey

Why it is a mistake: Washing raw meat, chicken, turkey, or eggs can spread germs to your sink, countertops, and other surfaces in your kitchen. Those germs can get on other foods, like salads or fruit, and make you sick.

Solution: Do not wash meat, chicken, turkey, or eggs. Cooking them thoroughly will kill harmful germs.

Mistake 4: Peeling fruits and vegetables without washing them first

Why it is a mistake: Fruits and vegetables may have germs on their peeling or skin. It is easy to transfer those germs to the inside of fruits and vegetables when you cut or peel them.

Solution: Wash all fruits and vegetables under running water even if you are going to peel them. Use a clean vegetable brush to scrub firm fruits and vegetables like melons, avocados, and cucumbers.

Mistake 5: Putting cooked meat back on a plate that held raw meat

Why it is a mistake: Germs from the raw meat can spread to the cooked meat.

Solution: Always use separate plates for raw meat and cooked meat. The same rule applies to chicken, turkey, and seafood.

Mistake 6: Not cooking meat, chicken, turkey, seafood, or eggs thoroughly

Why it is a mistake: Cooked food is safe only after it has been cooked to a high enough temperature to kill germs.

Solution: Use a food thermometer to make sure you cook food to a safe internal temperature.

Mistake 7: Eating raw batter or dough, including cookie dough, and other foods with uncooked eggs or uncooked flour

Why it is a mistake: Flour and uncooked eggs may contain *Escherichia coli* (*E. coli*), *Salmonella*, or other harmful bacteria.

Solution: Cook or bake flour and eggs thoroughly. Do not eat foods that contain raw or undercooked eggs, such as runny eggs, homemade mayonnaise, hollandaise sauce, and eggnog. Do not eat raw (uncooked) dough or batter that contains either flour or eggs. Keep raw dough away from children. Wash hands, work surfaces, and utensils thoroughly after contact with flour and raw dough.

Mistake 8: Tasting or smelling food to see if it is still good

Why it is a mistake: You cannot taste, smell, or see the germs that cause food poisoning. Tasting only a tiny amount can make you very sick.

Solution: Check the storage times chart to see how long you can store food safely. When the time is up, throw the food out.

Mistake 9: Thawing or marinating food on the counter

Why it is a mistake: Harmful germs can multiply very quickly at room temperature.

Solution: Thaw food safely. You can thaw food in the refrigerator, cold water, or in the microwave. Always marinate food in the refrigerator no matter what kind of marinade you are using.

Mistake 10: Leaving food out too long before putting it in the refrigerator

Why it is a mistake: Harmful germs can grow in perishable foods (including meat, chicken, turkey, seafood, eggs, cut fruit, cooked rice, and leftovers) if you leave them out of the refrigerator 2 hours or longer.

Solution: Place perishable foods in the refrigerator within 2 hours or within 1 hour if the food is exposed to a temperature over 90°F (like in a hot car). Divide roasts and large portions of food, such as pots of stew or chili, into smaller containers so they will chill quickly. It is acceptable to put warm or hot food into the refrigerator, as long as it is packaged in small enough amounts that will cool quickly.



Creating a Food Safety Plan



- Who is your target audience?
- What resources will you share?
- Are there training opportunities for agency/provider staff?
- What procedures will you put in place to ensure food safety?
- How will you keep track of what is done?

Resources

- Centers for Disease Control and Prevention
www.cdc.gov/foodsafety/index.html
- Don't Stand Back, Fight BAC – <https://youtu.be/ueLcvMoFf4Q>
- FoodSafety.gov- www.foodsafety.gov
- Partnership for Food Safety Education - www.fightbac.org
- Tennessee Department of Health – www.tn.gov/health
- U.S. Food & Drug Administration - www.fda.gov/food
- United States Department of Agriculture -Food Safety and Inspection Service - www.fsis.usda.gov



USDA Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil
Rights 1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.

07/05/2022



Declaración de No Discriminación del USDA

De acuerdo con la ley federal de derechos civiles y las normas y políticas de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta entidad está prohibida de discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de género y orientación sexual), discapacidad, edad, o represalia o retorsión por actividades previas de derechos civiles.

La información sobre el programa puede estar disponible en otros idiomas que no sean el inglés. Las personas con discapacidades que requieren medios alternos de comunicación para obtener la información del programa (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de señas americano (ASL), etc.) deben comunicarse con la agencia local o estatal responsable de administrar el programa o con el Centro TARGET del USDA al (202) 720-2600 (voz y TTY) o comuníquese con el USDA a través del Servicio Federal de Retransmisión al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe llenar un formulario AD-3027, formulario de queja por discriminación en el programa del USDA, el cual puede obtenerse en línea en: <https://www.usda.gov/sites/default/files/documents/ad-3027s.pdf>, de cualquier oficina de USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida a USDA. La carta debe contener el nombre del demandante, la dirección, el número de teléfono y una descripción escrita de la acción discriminatoria alegada con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) sobre la naturaleza y fecha de una presunta violación de derechos civiles. El formulario AD-3027 completado o la carta debe presentarse a USDA por:

- (1) **correo:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o
- (2) **fax:**
(833) 256-1665 o (202) 690-7442; o
- (3) **correo electrónico:**
program.intake@usda.gov

Esta institución es un proveedor que ofrece igualdad de oportunidades.



Warbixinta Takoor La'aanta USDA

Si waafaqsan sharciga xuquuqda madaniga ah ee federaalka iyo Maraykanka. Waaxda Beeraha (USDA) shuruucda xuquuqda madaniga ah iyo xeerarka, USDA, Wakaaladaheeda, xafiisyada, iyo shaqaalaha, iyo hay'adaha ka qayb galaya ama maamulaya barnaamijyada USDA waxaa laga mamnuucay ku takooria ku salaysan isirka, midabka, asalka wadaka, galmada, naafanimada, da'da, ka aarsiga ama aargoosiga hawl xuquuq madani oo hore barnaamij kasta ama hawl ay qabatay ama maalgelisay USDA.

Dadka naafada ah ee u baahan qaab kale oo wada xidhiidh oo macluumaadka barnaamijka ah (tusaale, Farta qoraalka indhoolaha, daabacaad wayn, cajal maqal ah, Luqadda Dhegoolaha ee Maraykanka, iwm), waxaa inuu la soo xidhaadhaa Wakaalada (Gobol ama degmo) halka ay ka soo codsadeen dheefaha. Dadka dhegoolaha ah, maqalku ku adagyahay ama leh naafo hadalka ah waxay kala soo xidhiidhi karaan USDA Is gaadhsiinta Federaalka ee Dadka Nafada ah lambarkan (800) 877-8339. Intaa waxa dheer, macluumaadka barnaamijka waxaa lagu heli karaa luqaddo kale.

Si loo soo gudbiyo takoorka barnaamijka cabashada, buuxi [Foomka Cabashada Takoorka Barnaamijka USDA](#), (AD-3027), ee onlayn laga helo [How to File a Complaint](#), iyo xafiis kasta oo USDA, ama qor warqad ku socot aUSDA oo ku bixi waraaqda dhammaan macluumaadka lagu codsaday foomka. si aad u codsato nuqul foomka cabashada ah, soo wac (866) 632-9992. U soo gudbi foomkaaga la buuxiyay ama warqadda USDA addoo adeegsanaya:

- (1) boosta: Maraykanka. Waaxda beeraha
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) iimaylka: program.intake@usda.gov.

Hay'dani waa adeeg bixiyaha fursadda loo simanyahay

Bogga1ee1
Oktoobar 14, 2015



تصريح وزارة الزراعة الامريكية لعدم التمييز

وفقا لقانون الحقوق المدنية الإتحادي وتوجيهات وسياسات الحقوق المدنية لوزارة الزراعة الامريكية (يو أس دي أي) (USDA)، يحضر على الـ USDA ووكالاتها ومكاتبها، وموظفيها ومؤسساتها المشاركة في، أو المدير لـ، برامج الـ USDA ان تميز بناء على العرق، لون البشرة، القومية، الجنس، المذهب العقائدي، الإعاقة، العمر، المعتقدات السياسية، أو الثأر أو الإنتقام بسبب نشاط حقوق مدنية سابق في أي برنامج او نشاط يداران أو يمولان من قبل الـ USDA.

يتوجب على الاشخاص المعاقين المحتاجين الى وسائل إتصال بديلة لمعلومات البرنامج (مثلا، لغة بريل، أحرف كبيرة الحجم، التسجيل الصوتي، لغة الاشارات الامريكية، الخ) ان يتصلوا بالوكالة في (الولاية او المحلية) حيث يقدموا للحصول على المنافع. يمكن للاشخاص الطرش او المعانين من صعوبة في السمع او المعانين من اعاقات في الكلام الإتصال بالـ USDA عبر الإتصال بخدمة المرحل الاتحادية على هاتف 877-8339 (800). إضافة الى ذلك، يمكن توفير معلومات البرامج بلغات أخرى.

لغرض رفع شكوى برنامج ضد التمييز، أكمل ملاً [طلب شكوى التمييز من برنامج الـ USDA](#)، المرقم (AD-3027) والذي يمكن تنزيله من الانترنت على الرابط: [How to File a Complaint](#) وفي اي مكتب للـ USDA او بكتابة رسالة معنونة الى الـ USDA وزود في الرسالة جميع المعلومات المطلوبة في الطلب. لطلب نسخة من طلب الشكوى، اتصلوا على هاتف 866-632-9992. قدم طلبك المكتمل او رسالتك الى الـ USDA عبر:

(1) البريد: وزارة الزراعة الامريكية

مكتب مساعد الوزير للحقوق المدنية

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

(2) بالفاكس: على هاتف 690-7442 (202)؛ أو

(3) البريد الإلكتروني: program.intake@usda.gov

هذه المؤسسة توفر التكافؤ في الفرص