

meal prep food safety tips

Meal prepping is a great way to save time and nourish your body on days when energy is low.

If food isn't properly handled, it can increase the risk of developing a foodborne illness. Follow the tips below to stay free from foodborne illness while meal prepping.

| Do | Don't |
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| <ul style="list-style-type: none"> Wash hands with warm, soapy water before preparing food. To ensure hands are clean of unwanted germs, wash them for the length of time it takes to sing "Happy Birthday" twice, or about 20 seconds. | <ul style="list-style-type: none"> Wash meat, poultry, seafood, or eggs. |
| <ul style="list-style-type: none"> Rinse whole fruits and vegetables under cold running water Dry using a salad spinner or clean cloth. | <ul style="list-style-type: none"> Use soap or detergent on produce items. |
| <ul style="list-style-type: none"> Wash any surface, hands, utensil, or raw food that has touched uncooked meat, poultry, seafood, eggs, or flour before using them. | <ul style="list-style-type: none"> Eat uncooked meat, poultry, seafood, eggs, flour, or foods that have touched these items. |
| <ul style="list-style-type: none"> Clean cooking surfaces and utensils with hot, soapy water after every use. | <ul style="list-style-type: none"> Reuse cutting boards, utensils, or plates that have touched uncooked poultry, meat, eggs, seafood, or flour unless washed with hot, soapy water. |
| <ul style="list-style-type: none"> Use separate cutting boards for produce and uncooked meat, poultry, eggs, and seafood. | <ul style="list-style-type: none"> Use the same cutting board for all food items. |
| <ul style="list-style-type: none"> Use the <i>Safe Cooking Temperatures</i> handout and a food thermometer to make sure food is properly cooked through. | <ul style="list-style-type: none"> Serve or consume meat, poultry, or seafood that has not been tested with a food thermometer or has been tested but doesn't meet temperature requirements. |
| <ul style="list-style-type: none"> Keep seafood, meat, and poultry at 140°F or above between cooking and serving. | <ul style="list-style-type: none"> Allow food to cool before refrigerating. |
| <ul style="list-style-type: none"> Refrigerate food within 2 hours. | <ul style="list-style-type: none"> Let perishable food sit out for more than 2 hours. |

Chart adapted from U.S. Food and Drug Food Safe Meal Prep