Score Big
Six Game Rules for Food Safety

Tackling a buffet at your Super Bowl gathering? Practice these game rules and keep the runs on the field.

1. **Keep it clean.** Before you eat or handle food, thoroughly wash your hands, food prep tools and surfaces, and all fruits and veggies.

2. **Cook it well.** Measure minimum internal temperatures with a food thermometer. For party favs, like chicken wings and ground beef sliders, make sure that they reach 165 °F and 160 °F, respectively.

3. **Watch the time.** Follow recommended microwave cooking and standing times (the extra minutes needed for food to cook completely). Track how long foods have been on the buffet. Discard after two hours.

4. **Avoid mix-ups.** Separate raw meats from ready-to-eat foods, like veggies. Provide serving utensils and small plates to discourage eating directly from bowls with dips and salsa.

5. **Protect all “TO-GOs.”** Discard foods that have been on the buffet over two hours. Divide leftovers into smaller portions, place in shallow containers, and refrigerate.

6. **Be a winner.** Invest in a good food thermometer for you or someone you love.

Be aware of the "danger zone" between 40 °F and 140 °F where harmful bacteria grows. Play it safe and refrigerate food within 2 hours.

If you see “double-dippers” (folks who repeatedly eat or dip from a shared food dish), throw the penalty flag before someone is down on the field!

For more information:
www.cdc.gov
www.fsis.usda.gov
www.foodsafety.gov

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