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 venison: 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.
- Throw 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

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