**Rules of the Game for Food Safety**

**Keep it clean**
Before you eat or handle food, wash your hands, food prep tools and surfaces.

**Cook to the right temperature**
Use a food thermometer to check that foods are cooked to the right temperature:
- **165°F** for chicken and
- **160°F** for ground beef.

**Watch the clock**
Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it’s **90°F** or warmer.

**Serve at the right temperature**
Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.

[www.cdc.gov/food safety](http://www.cdc.gov/food safety)