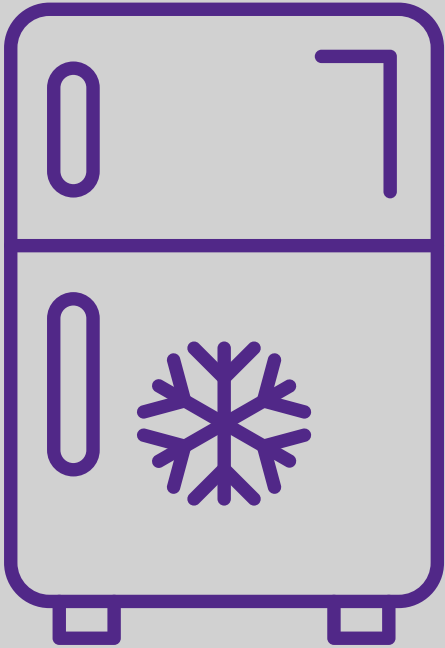


K-STATE

Research and Extension

THAW FOOD SAFELY!



In the refrigerator

**In the
microwave***



In cold water*

***Cook immediately**

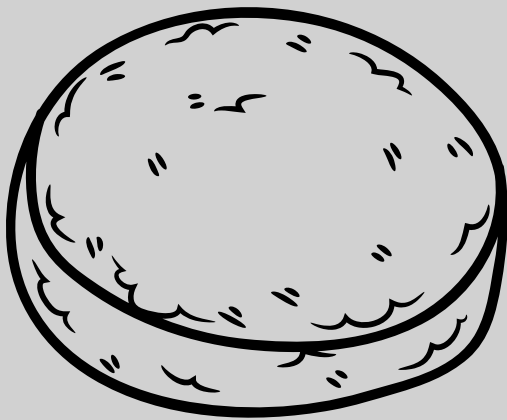
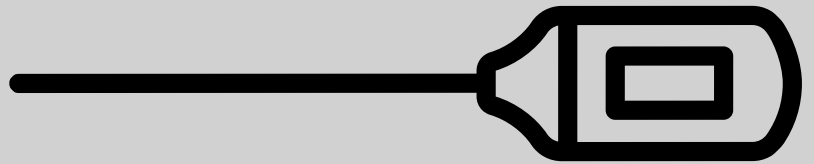
K-STATE

Research and Extension

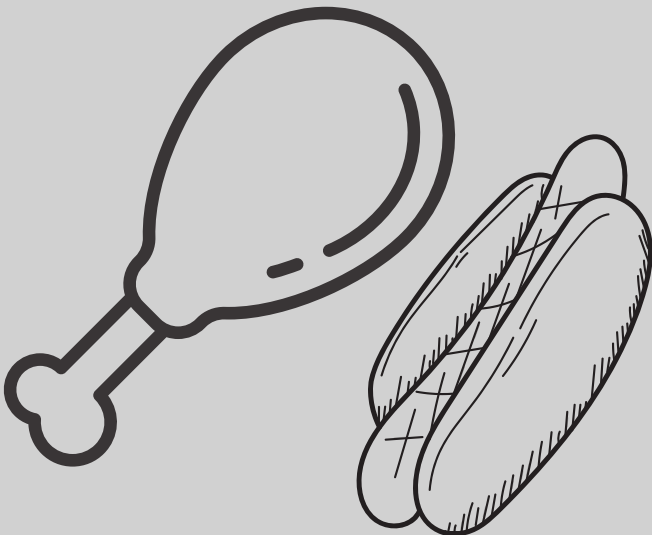
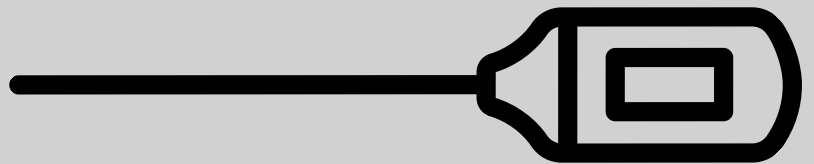
CHECK THE TEMP!



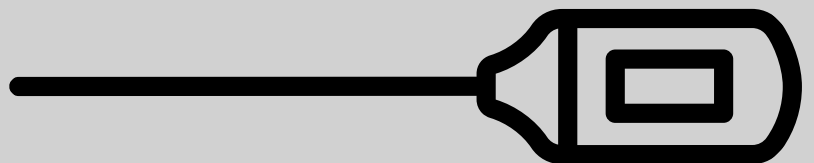
Steaks, Chops - 145°F



Ground Meat - 160°F



All Poultry, Leftovers,
Hot Dogs - 165°F

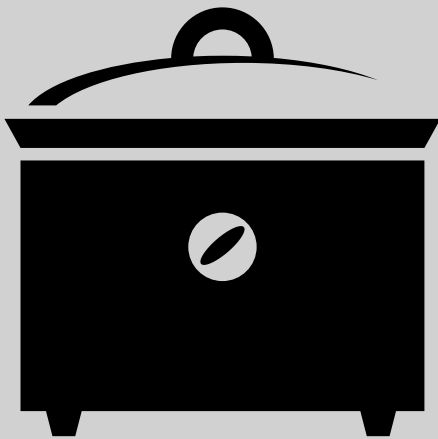


K-STATE

Research and Extension

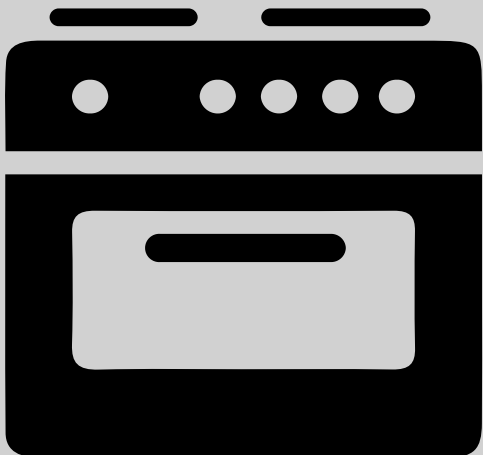
KEEP HOT FOODS HOT!

Above 140°F



Slow cooker or roaster oven

Stovetop on low temp



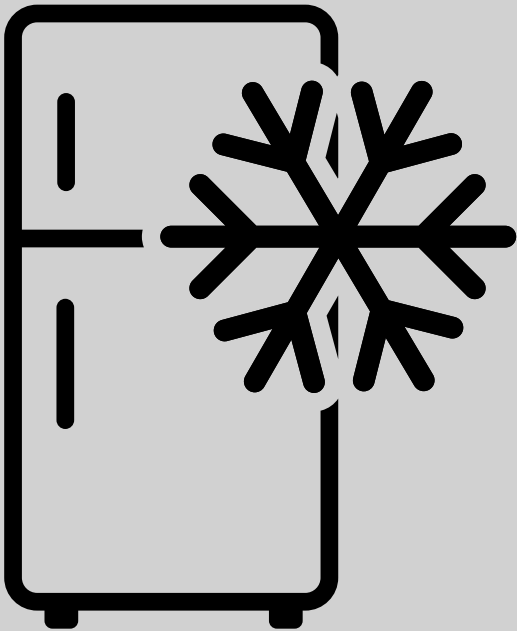
In oven on low temperature

K-STATE

Research and Extension

KEEP COLD FOODS COLD!

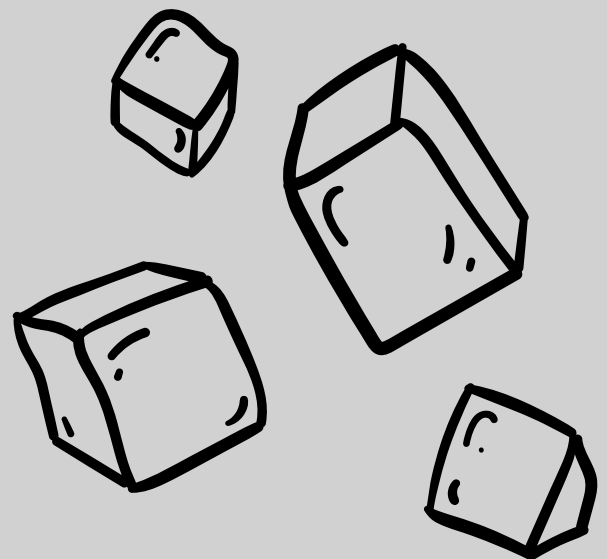
Below 40°F



- Refrigerate leftovers within 2 hours
- Divide leftovers into small containers
- Keep food cold until ready to serve

Use ice

- in an ice chest
- under the serving dish



K-STATE

Research and Extension

SEPARATE!



Ready to eat fresh or
cooked foods

Raw foods

