



“Chill”

- Refrigerate or freeze perishables as soon as you get them home from the store. Your refrigerator should maintain 41°F or below and 0°F or below in the freezer.
- Never let raw meat, poultry, eggs, cooked foods, or cut fruits and vegetables sit at room temperature for more than 4 hours.
- Never defrost food at room temperature. Defrost in the refrigerator, under cold running water, or in the microwave.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

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Public Health
Prevent. Promote. Protect.

**Wicomico County
Health Department**

**“The 4 simple rules
to keep your food
safe”**



(410) 546-4446

- What you need to know to keep your food safe -



“Clean”

- Wash your hands with warm water and soap for at least 20 seconds before food preparation and after touching and raw meat.
- Wash utensils, cutting boards, & countertops with a disinfectant after preparing each food item before you go on to the next food.
- Try and use paper towels to clean up kitchen surfaces, not cloth towels.
- Rinse fresh fruits & vegetables under running tap water, including those with skins that are not eaten.



“Separate”

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- Store ready-to-eat foods above raw foods in your refrigerator.
- Use one cutting board for fresh produce and ready-to-eat foods, and a separate one for raw meat, poultry, seafood or eggs.
- Never place cooked or ready-to-eat foods on a plate that previously held raw meat, poultry, seafood or eggs.



“Cook”

- Use a clean food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes to make sure that the food is cooked to a safe internal temperature.
- Safe cooking temperatures, as measured with a food thermometer are:
 - ▶ All roasts & steak 145 ° F
 - ▶ All poultry 165 ° F
 - ▶ All ground meat 160 ° F
 - ▶ Pork & ham 145 ° F
 - ▶ Fish 145 ° F
 - ▶ Eggs Cook until yolk and white are firm
 - ▶ Leftovers & casseroles 165 ° F