



Have Fun Keeping Food Safe!



Try this at home:

Check food with a thermometer to see if it is cooked properly. Ask a grown-up to help and use the chart below!



Cook to the temperature listed:

Beef, pork and lamb	145 degrees F*
Ground beef, pork and lamb	160 degrees F
Egg dishes	160 degrees F
Chicken, turkey and other poultry	165 degrees F
Casseroles and leftovers	165 degrees F

To learn more, like how to safely cook fish, visit www.foodhero.org/food-safety.

*Allow to rest for 3 minutes before eating or cutting.

Did you know?

Eggs can be contaminated with a bacteria called salmonella. Cooking kills salmonella, but always wash your hands after touching eggs!



Separate raw meats, seafood, poultry and eggs from fruits, veggies and prepared foods!



Veggie Omelet in a Mug



Ingredients

- 2 **eggs**
- 2 Tablespoons **milk**
- dash of **salt**
- dash of **pepper**
- ¼ cup finely chopped **vegetables**
- 2 Tablespoons of grated **cheese**

Directions

1. Wash hands with soap and water for 20 seconds.
2. Lightly grease inside of a 12-ounce mug.
3. Stir ingredients with a fork in the mug.
4. Microwave on HIGH for 45 seconds. Stir. Microwave again on HIGH until the mixture has puffed and set, 60 to 90 seconds.
5. Refrigerate leftovers within 2 hours.



Kids Can!

Food Hero Cooking Class Challenge

Help prevent the spread of bacteria by following the food safety directions on recipes!



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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