**RULES of the GAME**

**for Food Safety**

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**Keep it clean**

Before you eat or handle food, wash your hands, food prep tools and surfaces.

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**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.

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**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.

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**Serve at the right temperature**

Keep hot foods at 140°F or warmer, and cold foods at 40°F or colder.

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Distributed by: The City of Middletown Health Department

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