

Distributed by: The City of Middletown Health Department



### 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.

