



### FOOD SAFETY CHECKLIST FOR RECIPES AND COOKBOOKS

Many of us have recipes and recipe books that we've gathered from families and friends over the years. However, some of these recipes may not use current food safety guidelines. Do your recipes include steps to 1) keep hands, food preparation area and utensils clean, 2) separate foods to prevent cross-contamination, 3) cook to proper temperature and 4) refrigerate promptly? Use this checklist to find out.

Preparation	YES	NO
Foods are defrosted in the refrigerator, microwave or cold water		
For foods that need to be kept cold, cooking time is based on foods at refrigerator temperature, not room temperature		
Ingredient list includes approximate weight and size of meat, poultry or seafood		
Directions include using hot water and soap to wash hands, cutting boards, food processor and utensils before and after contact with raw meat, poultry, seafood or eggs		



<b>Cooking &amp; Storage</b>	<b>YES</b>	<b>NO</b>
Give cooking temperatures in numbers—not just “medium”		
Oven temperatures of 325°F or higher used when cooking meat or poultry dishes		
Do not partially cook or brown foods to cook later		
No <b>raw</b> or partially cooked eggs in recipes that won't be cooked. For more information on handling eggs, go to: <a href="http://www.aeb.org/safety/index.html">http://www.aeb.org/safety/index.html</a>		
Recipe includes internal cooking temperature, cooking time and visual descriptions of doneness. For proper cooking temperatures, go to: <a href="http://www.foodsafety.gov/~fsg/fs-cook.html">http://www.foodsafety.gov/~fsg/fs-cook.html</a>		
If using a slow cooker, meat and poultry are cut into chunks or small pieces.		
Microwave cooking directions include power setting, cooking time and stirring or rotating of food to ensure even cooking. For meat and poultry, include type of <b>cover</b> to be used.		
Potluck recipes include safe handling and refrigerating promptly.		
Provide storage times and instructions for the cooked recipe and leftovers.		
Eggs and egg dishes call for yolks and whites that are firm, not runny, or reach an internal temperature of 160°F. For more detailed information on preparing egg based products, go to: <a href="http://www.fsis.usda.gov/OA/pubs/eggfacts.htm">http://www.fsis.usda.gov/OA/pubs/eggfacts.htm</a>		
Foods are cooled quickly using flat containers in the refrigerator or stirring while in an ice bath. Meat and poultry are marinated in the refrigerator with a covered food grade plastic, stainless steel, or glass container.		
Avoid cross-contamination. Keep and use separate containers for marinating, basting, and using as a sauce on cooked food.		