

# PROPER HANDLING OF RAW AND COOKED BEEF

## KEEP IT COOL

- Place meat products in the cooler or freezer immediately upon delivery.
- Thaw frozen meat products slowly in the cooler, or microwave.
- Keep cooler or refrigerator at 41°F or below.
- Keep freezer at 0°F or below.
- Store fresh meat on the lowest shelf in the cooler.

STORAGE CHART		
	REFRIGERATOR (32°-40°F)	FREEZER (0° or Lower)
BEEF (FRESH)	3 to 5 days	6 to 12 months
GROUND BEEF	2 to 3 days	4 to 6 months
VACUUM- PACKAGED CUTS	up to 16 days	6 to 12 months

## COOK IT PROPERLY!

- Ground beef patties should not be pink and juices should run clear . . . should cook to at least 155°F.
- Recommended internal temperatures for solid cut beef steaks and roasts only.

Rare	140°F
Medium Rare	150°F
Medium	160°F
Well Done	170°F

- Reheat precooked foods to 165°F.
- Verify temperatures with cooking thermometer.



## KEEP IT CLEAN!

- Wash hands thoroughly with hot soapy water before and after handling raw meats. Keep raw meat away from ready to eat foods.
- Clean and sanitize equipment and work areas immediately after use.
- Don't serve cooked meat on a platter that held raw meat.



County of San Bernardino • Department of Public Health  
DIVISION OF ENVIRONMENTAL HEALTH SERVICES

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