# Clean, Separate, Cook, Chill Family Checklist

Ages 6–12 · Name: _____

## How to use

Put this on the fridge. Each time your child helps with a step, they can check it off or add a sticker.

Adults handle raw meat, poultry, seafood and eggs, the stove and oven, and sharp knives. Older children help only with an adult right there.

### CLEAN

- [ ] Wash hands with soap for at least 20 seconds before, during and after cooking
- [ ] Rinse fruits and vegetables under running water (no soap)
- [ ] Scrub firm produce, like potatoes, with a clean brush
- [ ] Wash boards, dishes and counters with hot, soapy water
- [ ] Do NOT wash raw meat, chicken, eggs or fish

### SEPARATE

- [ ] Use one cutting board for raw meat, chicken and fish, and another for ready-to-eat food
- [ ] Wash anything that touched raw meat, eggs or flour
- [ ] Keep eggs in their carton in the main part of the fridge
- [ ] No tasting raw dough or batter

### COOK (adult in charge)

- [ ] Use a food thermometer in the thickest part of the food
- [ ] Keep hot food at 140°F or above
- [ ] Reheat leftovers to 165°F

| Food | Safe minimum internal temperature |
|---|---|
| **All poultry (chicken, turkey)** | 165°F |
| **Ground meat and sausage** | 160°F |
| **Beef, pork, lamb steaks, roasts, chops** | 145°F + 3-minute rest |
| **Fish** | 145°F, or opaque and flakes with a fork |
| **Egg dishes** | 160°F |
| **Leftovers and casseroles** | 165°F |

### CHILL

- [ ] Fridge at 40°F or below (check the thermometer)
- [ ] Freezer at 0°F or below
- [ ] Put perishable food in the fridge within 2 hours (1 hour if it's over 90°F)
- [ ] Thaw food in the fridge, not on the counter
- [ ] Label leftovers with the date

*Temperatures and steps from FoodSafety.gov. The danger zone, where germs grow fastest, is 40°F to 140°F.*

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