



Food Safe Key Phrases for Recipes

Studies show that when consumers follow recipes that incorporate basic food safety instructions, they increase food safety behaviors. Please incorporate these key phrases into an existing or new recipes before sharing with participants.

CLEAN

- ⇒ Wash hands with warm water and soap. Scrubbing hands and arms for at least 20 seconds. Dry hands with a single use paper towel.
*NOTE: Use this statement at the beginning of recipes, then in the recipe where handwashing is called for just use wash hands with warm water and soap for 20 seconds.
- ⇒ Gently clean/rub produce under cool running water just before cutting or cooking.
- ⇒ Scrub firm produce using cool running water and a clean vegetable brush.
- ⇒ Wash the food thermometer probe section with hot soapy water.

SEPARATE

DON'T CROSS-CONTAMINATE

- ⇒ Wash utensils and preparation equipment [_*insert equipment here_____] and countertops before use with hot water and soap. Allow to air dry. * NOTE: Use this statement at the beginning of a recipe.
- ⇒ Wash utensils, [_*insert equipment here_____] and countertops with hot water and soap after use. Allow to air dry.
- ⇒ Do not reuse marinades used to marinate raw foods.
- ⇒ Do not rinse raw meat or poultry in the sink. Washing raw meat or poultry can spread bacteria around the sink and onto other surfaces.
- ⇒ Store ready-to-eat and cooked foods above raw foods in the refrigerator.
- ⇒ Use a different cutting board for raw meat, poultry, seafood and produce.
- ⇒ Wear gloves when serving the public.

COOK

- ⇒ Use a calibrated food thermometer and check the temperature of *_insert food here in the thickest part until the internal temperature reaches *_insert minimum internal temperature here ____ °F.

Insert into blanks:

- Chicken (Whole and ground) 165°F
- Turkey (Whole and ground) 165°F
- Duck (Whole and ground) 165°F
- Ground Beef or Pork 160°F
- Ground Veal & Lamb 160°F
- Steak, Roasts & Chops [Beef, Pork, Veal & Lamb] 145°F with a 3-minute rest
- Fin Fish 145°F
- Shellfish 145°F
- Egg Dishes [cook until yolk is firm] 160°F
- Leftovers 165°F

CHILL

- ⇒ Refrigerate food promptly – within 2 hours.
- ⇒ Cut cooked meat or poultry into smaller portions or slices, place in shallow containers, cover and refrigerate.
- ⇒ Use leftovers within 3-4 days or label, date, and freeze for future use.
- ⇒ Store leftovers in shallow containers in the refrigerator within 2 hours of serving.
- ⇒ Thaw/defrost frozen foods in the refrigerator.
- ⇒ Hot Food: If not serving immediately, keep food at 140°F or higher until served or cool and refrigerate within 2 hours.
- ⇒ Cold Food: If not serving immediately, refrigerate at 40°F or lower.

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Food Safe Key Phrases for Baked Goods Recipes

Studies show that when consumers follow recipes that incorporate basic food safety instructions, they increase food safety behaviors. Please incorporate these key phrases into an existing or new recipes before sharing with participants.

CLEAN

- ⇒ Wash hands with warm water and soap. Scrubbing hands and arms for at least 20 seconds. Dry hands with a single use paper towel.
*NOTE: Use this statement at the beginning of recipes, then in the recipe where handwashing is called for just use wash hands with warm water and soap for 20 seconds. For baked goods also add before you taste, serve or package baked goods.
- ⇒ Wash oven mitts and aprons regularly.

SEPARATE

DON'T CROSS-CONTAMINATE

- ⇒ Wash utensils and preparation equipment [_*insert equipment here_____] and countertops before use with hot water and soap. Allow to air dry. * NOTE: Use this statement at the beginning of a recipe.
- ⇒ Wash utensils, [_*insert equipment here_____] , and countertops with hot water and soap after mixing and handling batter or dough. Allow to air dry.
- ⇒ Store raw flour, baking mixes, dough and eggs separately from ready-to-eat foods.
- ⇒ Keep bowls and utensils being used for eggs, raw batter or dough separate from cooling rack or finished products.
- ⇒ Chop and dice nuts, fruits or veggies for baking on cutting board reserved for ready-to-eat foods; store cutting board separately from raw ingredients such as flour, meal and eggs.
- ⇒ Keep the measuring, mixing and handling of unbaked batter or dough separate from the cooling, serving and packaging of baked products.
- ⇒ Handle unbaked batter and dough in an area away from baked products.

COOK

- ⇒ Test baked products with a tooth pick or cake wire [may have a few crumbs, but no wet batter] and a calibrated food thermometer at center to make sure the product is completely baked. *_insert dessert type here* in the center until the temperature reaches *_insert center temperature here ____ °F.*

Insert into blanks:

- Cheesecakes 150°F
- Quiche, Meringue pies, Bread pudding, baked custard, Clafouti, and molten cakes 160°F
- Chocolate cream pie, Breads stuffed with meat and cheese 165°F
- Custard pies, Fruit pies, Flan, Crème brulée 170-175°F
- Yeast breads 190-210°F
- Most cakes, Cupcakes, Quick breads, Scones, Biscuits, Pecan pie 200-209°F

CHILL

- ⇒ Cool products in an area away from where flour is measured and batter or dough are prepared.
- ⇒ Cool baked goods on wire cooling racks, not countertops.
- ⇒ Refrigerate egg-rich, cream– or meat-filled baked goods within two hours of baking.
- ⇒ Yeast breads are best stored at room temperature or frozen if not eaten in one day.

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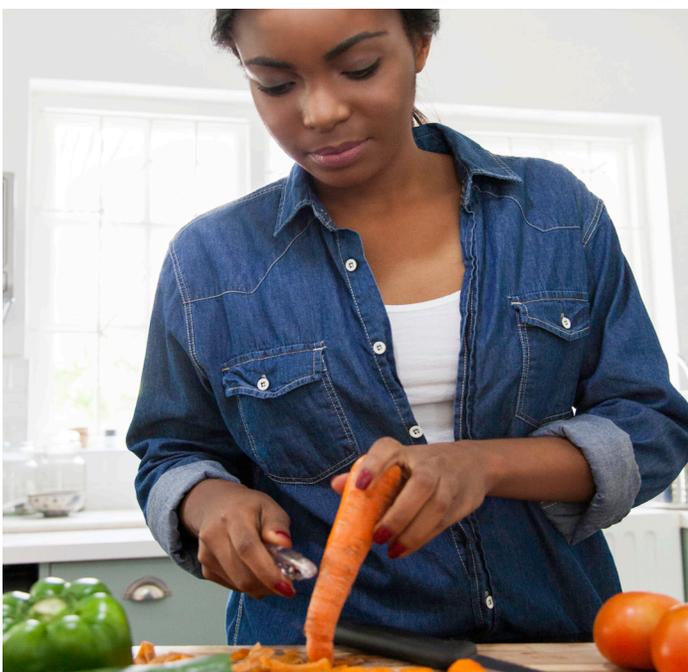
TIPS FOR WRITING FOOD SAFE RECIPES



Beyond creating delicious meals, people who write recipes have an important role to play in helping others remember to cook their food safely. Did you know that when recipes include food safety tips, people are more likely to follow those steps and cook their foods safely? Help prevent the spread of foodborne illness by including simple reminders for safe food handling and preparation in all your recipes.



PREPARING FRUITS AND VEGETABLES SAFELY



All fruits and vegetables not labeled as “pre-washed” should be rinsed under running water and dried, including hard-rind produce like avocados and cantaloupes. Washing these foods helps prevent contaminants from transferring from the outside of the fruit or vegetable to the inside during peeling or cutting.

Does your recipe include produce? Add these instructions:

- Cut off bruised or damaged areas.
- Wash fruits and vegetables under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
- Dry with a paper towel or salad spinner.



COOKING WITH MEAT, POULTRY, SEAFOOD, EGGS, AND FLOUR

Raw meat, poultry, seafood, eggs, and flour should be stored and handled separately from produce. Remind your recipe readers and followers that it's never safe to eat raw dough or batter (raw flour and raw eggs can contain harmful bacteria), and that a food thermometer is an important tool to ensure that meat, poultry, seafood, and eggs are cooked thoroughly and kept at a safe temperature before serving.



Add these instructions to your recipes that contain meat, poultry, seafood, eggs, or flour to make them food safe:

- Wash utensils that have touched uncooked meat, poultry, seafood, eggs, or flour before using them with produce that will be eaten raw.

- Clean kitchen surfaces before, during, and immediately after use when preparing food.
- Wash hands often, especially after touching raw meat, poultry, seafood, eggs, or flour.
- After cooking, use a food thermometer to check the temperature of the thickest part of the food to make sure that it has reached a safe minimum internal temperature:

Beef, pork, veal, and lamb (chops, roasts, steaks)	145 °F (allow meat to sit for 3 minutes between cooking and serving)
Ground meat	160 °F
Fish	145 °F or when flesh is opaque
Egg dishes	160 °F (yolks and whites will be firm)
Poultry	165 °F

- Clean your food thermometer with soap and water before and after use.
- Check that foods containing flour are baked thoroughly before tasting.
- If not serving immediately, place food in a warmer that can keep it at 140 °F or above (as indicated on a food thermometer).



STORING FOOD SAFELY



Leftovers should be placed in sealed containers and refrigerated or frozen within 2 hours of preparation, or 1 hour if kept in temperatures above 90 °F. Refrigerators should be set to 40 °F or below and freezers to 0 °F or below (as indicated by an appliance thermometer) and not overfilled.

Add these recipe instructions to keep your leftovers fresh and safe:

Salads (vegetable, egg, chicken, ham, tuna, and macaroni)	Refrigerate for 3-5 days	Do not freeze
Soups and stews	Refrigerate for 3-4 days	Freeze for 2-3 months
Cooked meat or poultry	Refrigerate for 3-4 days	Freeze for 2-6 months
Casseroles or pies containing eggs	Refrigerate for 3-4 days	Freeze for 2-3 months
Hard-boiled eggs	Refrigerate for up to one week	Do not freeze

Visit www.fda.gov/food to find out more about cooking and storing food safely.

Recipe modification improves food safety practices during cooking of poultry

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A recent study of consumers (186 total) at Kansas State University and Tennessee State University found that adding food safety instructions to recipes improved food safety behaviors.

- Consumers were asked to prepare two recipes, a baked parmesan sesame chicken breast, and a mushroom turkey burger, while they were observed for food safety behaviors such as hand washing and food thermometer use.
- Approximately half of the consumers received normal recipes to follow, while the other half received recipes with included food safety instructions.
- The study found that those who had recipes with food safety instructions significantly improved their hand washing after handling raw ingredients as well as their thermometer use (see Fig 1 & 2).
- As example of a recipe with food safety instructions can be seen below:

Mushroom Turkey Burger

- Wash your hands with soap and warm water before you begin this recipe.
- Run cold water over the mushroom while rubbing gently with your fingertips. Use a paper towel to dry.
- Remove the stem from the mushroom and chop using a cutting board.
- Spray a medium sauté pan with cooking spray. Preheat pan over medium high heat.
- Remove the wrapper from the ground turkey. Place the ground turkey into a medium bowl.
- Wash your hands with warm soap and water after handling the ground turkey.
- Add the chopped mushroom, soy sauce, onion powder, salt and pepper to the ground turkey. Mix with hands or a wooden spoon. Once mixed thoroughly form into a burger patty and place into the preheated pan.
- Wash your hands with soap and warm water after placing the patty into the pan.
- Cook the patty for approximately 5 minutes on each side.
- Using a spatula, tilt the patty up and insert the cooking thermometer into the side of the burger, with the tip extending into the center. If the temperature is less than 165°F, return the patty to the pan and continue cooking until the internal temperature reaches 165°F.
- If you touched the turkey when checking the temperature, wash your hands with warm soap and water.

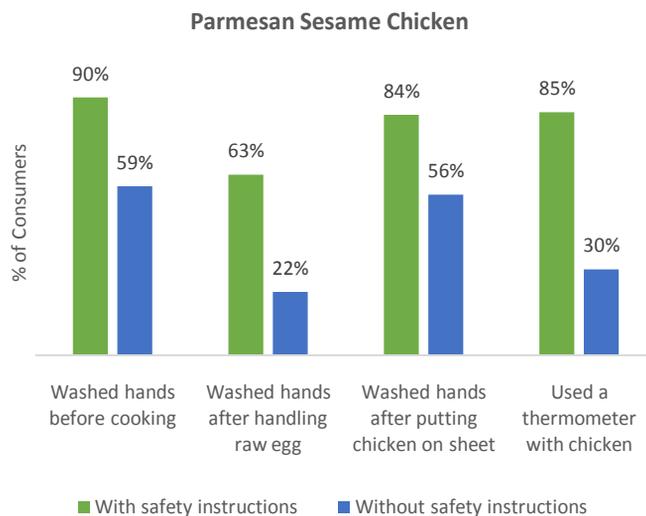


Figure 1 Observed consumer behaviors while preparing Parmesan Sesame Chicken recipe. All behaviors were significantly different at $p < 0.05$.

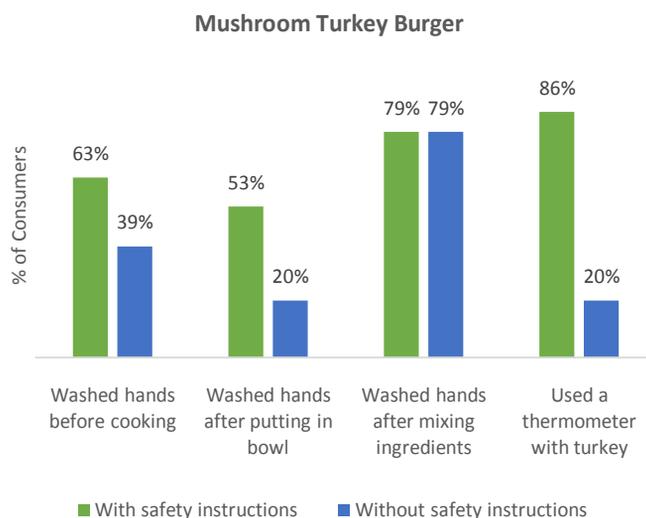


Figure 2 Observed consumer behaviors while preparing Mushroom Turkey Burger recipe. All behaviors were significantly different at $p < 0.05$ except for washing hands after mixing ingredients.

In addition to observed consumer behaviors, the study also asked about consumer opinions on the recipe:

- There was no difference in the ease of use of the recipes whether or not they had food safety instructions.
- The majority of consumers stated that they would use recipes that had similar safety instructions in the future.



SAFE RECIPE STYLEGUIDE

Multiple studies show that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviors. This style guide provides easy edits to any recipe to improve food safety practices.

saferecipeguide.org



TEMPERATURE

Cook until internal temperature reaches XX *(fill in the blank and include chart with specific foods)* on food thermometer.



HAND WASHING

Wash hands with soap and water. *(Include this at beginning of recipe and after each touch of raw meats, poultry, seafood or eggs)*



CROSS CONTAMINATION

Wash *(insert cutting board, counter, utensil, serving plate)* after touching raw meats, poultry, seafood or eggs)

Do not reuse marinades used on raw foods.

Do not rinse raw poultry or meat.



PRODUCE

Gently rub produce under cold running water.

Scrub firm produce with a clean vegetable brush under running water.



Turkey Meatloaf

USDA Recipe for Schools

Turkey Meatloaf is a tasty combination of lean ground turkey, spinach, celery, and dried cranberries.

NSLP/SBP CREDITING INFORMATION
1 meatloaf slice and 1 roll provide 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt		2 qt	1 Boil water.
Brown rice, long grain, regular, dry, parboiled	10 oz	1½ cups 2 Tbsp	1 lb 4 oz	3¼ cups	2 Place ¾ cup 1 Tbsp brown rice (5 oz) in a half steam table pan (12" x 10" x 2½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					3 Pour boiling water (2 cups per steam table pan) over brown rice. Stir. Cover pans tightly. For 50 servings, use 1 quart. For 100 servings, use 2 quarts.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					4 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
					5 Critical Control Point: Heat to 135 °F or higher.
					6 Remove rice from oven. Refrigerate and set aside for step 13.
					7 Critical Control Point: Cool to 41 °F or lower within 4 hours.
Canola oil		¼ cup		½ cup	8 Heat oil in a large stock pot.
*Fresh onions, diced	8 oz	1½ cups 1 Tbsp	1 lb	3 cup 2 Tbsp	9 Add onions, celery, and garlic. Sauté uncovered for 5–7 minutes or until soft.
*Fresh celery, diced	8 oz	1½ cups 1 Tbsp	1 lb	3 cup 2 Tbsp	
Garlic, minced	5 oz	¼ cup 2 Tbsp 2 tsp	10 oz	¾ cup 1 Tbsp 1 tsp	
					10 Critical Control Point: Heat to 135 °F or higher.
					11 Refrigerate and set aside for step 13.
					12 Critical Control Point: Cool to 41 °F or lower within 4 hours.
Raw ground turkey (no more than 15% fat)	8 lb 4 oz	1 gal ½ cup	16 lb 8 oz	2 gal 1 cup	13 Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, pepper, tomato paste, brown rice, and onion mixture in a large bowl. Stir well.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	14 oz	1½ cups 1 Tbsp 1¼ tsp	1 lb 12 oz	3 cups 2 Tbsp 2½ tsp	
Dried cranberries, chopped	12 oz	2¼ cups 2 Tbsp	1 lb 8 oz	1 qt ¾ cup	
*Fresh spinach, chopped	1 lb	1 qt 2½ cups	2 lb	3 qt 1 cup	
Worcestershire sauce		¼ cup		½ cup	
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Ground black pepper		1 Tbsp		2 Tbsp	
Canned no-salt-added tomato paste	8 oz	¾ cup 3 Tbsp ½ tsp	1 lb	1⅔ cups 2½ tsp (approx. ⅛ No. 10 can)	
					14 Press 3 qt 2 cups (about 7 lb) turkey mixture in a loaf pan (20¾" x 6⅞"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					15 Bake until golden brown: Conventional oven: 350 °F for 40–45 minutes. Convection oven: 325 °F for 30–35 minutes.
					16 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					17 Critical Control Point: Hold for hot service at 135 °F or higher.
Mini whole-grain rolls (1 oz each)	3 lb 2 oz	50 each	6 lb 4 oz	100 each	18 Serve with roll.
					19 Portion: Cut each loaf into 25 slices, ¾" thick. Serve 1 meatloaf slice and 1 roll.



NUTRITION INFORMATION

For 1 meatloaf slice and 1 roll.

NUTRIENTS	AMOUNT
Calories	207
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	55 mg
Sodium	449 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	7 IU
Calcium	35 mg
Iron	2 mg
Potassium	99 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	10 oz	1 lb 4 oz
Spinach	1 lb	2 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 11 lb 12 oz	About 23 lb 8 oz
About 1 gal 1 qt 3½ cups/2 loaf pans (20¾" x 6 7/16")	About 2 gal 3 qt 3 cups/4 loaf pans (20¾" x 6 7/16")

