

For Child Care Providers: Keeping Solid Foods Safe

Cooking Solid Foods: Refer to the chart below for minimum cooking temperatures for each food.

Food	Temperature (using a food thermometer)
 <p>Fresh beef, pork, veal, lamb (steaks, roasts, chops)</p>	145 °F or 63 °C (with a 3-minute rest time)
 <p>Ground beef, pork, veal, lamb</p>	160 °F or 71 °C
 <p>Ground turkey, chicken</p>	165 °F or 74 °C
 <p>Fresh chicken, turkey (whole, breasts, thighs, legs, wings)</p>	165 °F or 74 °C
 <p>Fresh ham</p>	145 °F or 63 °C
 <p>Fish</p>	145 °F or 63 °C
 <p>Eggs and egg dishes</p>	160 °F or 71 °C Cook until yolk and white parts of the egg are firm.

Storing Solid Foods: Refer to the chart below for storing methods of different foods and the length of time they can be stored.

Solid Foods (store-bought or freshly made)	Refrigerator	Freezer
Vegetables and fruits	2–3 days	6–8 months
Meats and eggs	1 day	1–2 months
Meat/vegetable combinations	1–2 days	1–2 months
Freshly made baby foods	1–2 days	1–2 months



Avoid Spreading Harmful Bacteria to Other Food

To avoid spreading harmful bacteria to other foods:

- Do not allow raw or partially cooked meat, poultry, or fish, or their juices, to touch other foods. They should also not touch the surfaces, serving plates, or utensils used to serve or prepare other foods. For example, do not use a fork to test a piece of meat, poultry, or fish while cooking and then use the same fork to mix a cold vegetable dish.
- Use separate utensils and cutting boards for animal foods (such as meat, poultry, fish, and shellfish) and non-animal foods (such as vegetables, fruits, breads).
- Do not use cutting boards with crevices and cuts.
- Wash and sanitize utensils and boards after each use. Non-porous plastic cutting boards are best as they are easiest to clean.
- In the refrigerator, store raw or cooked meat, poultry, and fish below cooked or ready-to-eat foods so that no juices from those foods drip on other foods.

When taking the temperature of beef, pork, or lamb roasts, the food thermometer should be placed midway in the roast, avoiding the bone. When cooking hamburgers, steaks, or chops, insert a thermometer in the thickest part, away from bone, fat, or gristle.

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