CASPER-NATRONA
COUNTY HEALTH DEPARTMENT

COVID-19 Food Safety Tips

It is recommended to have a two week supply of food on hand. Public utilities such as power, water and sewer are not expected to be impacted during this event.

NON-PERISHABLE FOODS

- Ready-to-eat canned meats, fruits and vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut or other nut butters
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- Food for infants

PERISHABLE FOODS

- Meats: chicken, beef, pork, seafood (should be frozen or cooked and eaten before 7 days)
- Eggs
- Fresh fruits and vegetables
- Milk and other dairy products

Food Safety & Sanitation

DO:

- Keep perishable items refrigerated at 41° or below
- Keep food in covered containers
- Keep cooking and eating utensils clean, do not share eating or drinking utensils
- Discard any food that been at room temperature for two hours or more
- Discard any food that has an usual color, odor or texture
- Keep excess perishable items frozen to avoid spoilage
- Follow all recommended expiration dates by manufacturer or discard prepared, ready-to-eat foods after seven (7) days

DON'T:

- Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat
- Eat any food that looks or smells abnormal, even if it looks normal
- Let garbage accumulate inside, both for fire and sanitation reasons

Cooking

ALWAYS cook foods to their minimum required internal temperatures

- Chicken, poultry and wild game **165°**
- Ground beef or pork **155°**
- Fin Fish and Eggs **145°**
- Reheat leftovers to **165°**

And remember – **WHEN IN DOUBT THROW IT OUT!**

https://www.ready.gov/food

https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/ct_index

https://www.fda.gov/media/74435/download