

## TIPS FOR KEEPING FOOD SAFE

### Clean

- Use soap and warm water to wash your hands for 20 seconds.
- Always wash your cutting boards and cooking tools.
- Run water over fruits and vegetables to clean them.

### Separate

- Keep raw foods separate from ready-to-eat foods in the fridge.
- Use different areas for cutting and preparation.
- Do not put raw foods near other foods in your shopping cart.

### Cook

- Heat foods to a safe temperature to eliminate germs that may cause illness.
- Poultry: 165 degrees Fahrenheit (74 Celsius)
- Ground meats: 160 degrees Fahrenheit (71 Celsius)
- Whole cuts of beef, pork, veal or lamb: 145 degrees Fahrenheit (63 Celsius)
- When cooking, use a food thermometer to check the temperature inside the food.

### Chill

- Keep refrigerator temperatures below 40 degrees Fahrenheit (4 Celsius).
- Put food back in the fridge within two hours of cooking it or removing it from the fridge.
- Always defrost food in the refrigerator.

## 保持食品安全的窍门

### 清洁

- 用肥皂和温水洗手20秒。
- 务必清洗切菜板和烹饪工具。
- 用流水冲洗蔬果。

### 分开

- 把生食与熟食分开存放在冰箱中。
- 使用不同厨房区域进行切菜和备菜。
- 不要把购物车中的生食与其他食物放在一起。

### 烹饪

- 将食物加热至安全温度，以消除可能导病的细菌。
- 家禽：165华氏度（74摄氏度）
- 碎肉：160华氏度（71摄氏度）
- 整块牛肉、猪肉、小牛肉或羊肉：145华氏度（63摄氏度）
- 烹饪时，使用食物温度计检查食物内部的温度。

### 冷藏

- 将冰箱温度保持在40华氏度（4摄氏度）以下。
- 把烹饪后的食物或从冰箱取出后两小时内的食物及时放回冰箱。
- 始终把食物放在冰箱里解冻。

### References/参考资料:

1. New York City Department of Health and Mental Hygiene. Nutrition education handouts for adults. <https://www.nyc.gov/assets/doh/downloads/pdf/cdp/nutrition-education-handouts-adult-workshops.pdf>. Accessed January 26, 2024.
2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

# Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Chives

蔬菜聚光灯: 韭菜



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## CHIVES STIR-FRY (Serves 4)

韭菜炒肉 (4 人份)



### INGREDIENTS

- 3 cups Chives
- 1 tablespoon Olive Oil
- 3 cloves Garlic, crushed
- 1 Onion, diced
- 1/2 pound Ground Pork
- 1 tablespoon Low-Sodium Soy Sauce
- Pepper to taste

### 配料

- 3 杯韭菜
- 1 汤匙橄榄油
- 3 瓣大蒜，压碎
- 1 个洋葱，切丁
- 1/2 磅猪肉末
- 1 汤匙低盐酱油
- 胡椒粉适量

### DIRECTIONS

1. Heat olive oil in skillet over medium heat. Sauté onions for about 5 minutes until tender.
2. Add garlic; sauté an additional 2 minutes; mix in pork and cook until no longer pink.
3. Add chives, mix with low-sodium soy sauce; cook until done.

### 步骤

1. 在平底锅中加入橄榄油，中火加热。炒洋葱约 5 分钟，直至变软。
2. 加入大蒜，再翻炒 2 分钟；加入猪肉末，煮至不再呈粉红色。
3. 加入韭菜，与低盐酱油混合，煮至熟透。



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