

USE THE **FOUR CORE PRACTICES OF FOOD SAFETY:**

Before, During and After You Eat a Roaster Pig

Wash hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food. This is especially true after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to handling the next food item.
- Consider using paper towels to clean up surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.

Clean



Don't cross-contaminate

- Separate raw meat, poultry, seafood and eggs from other foods.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate or area that previously held raw meat, poultry, seafood, eggs or raw vegetables.

Separate



Cook to the safe internal temperature

- Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature. Proper meat thermometer use from the North American Meat Institute can be found at <https://www.youtube.com/watch?v=YRQ47leddkk>
- Cook pork roasts and steaks to a minimum of 145°F with a 3-minute rest time prior to eating. Check the internal temperature in the thickest part of the food.

Cook



Chill



Refrigerate promptly

- Refrigerate or freeze meat as soon as possible.
- Never let raw meat sit at room temperature for more than two hours before putting it in the refrigerator or freezer.
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.



Source:

Fight BAC!®

Fight BAC!® is the original consumer food safety education campaign based on the four core practices of clean, separate, cook, and chill.

Partnership for Food Safety Education

Tips Safe Handling and Cooking of Roaster Pigs

Any type of raw meat, including an uncooked roaster pig, can have harmful germs on it that can make you sick if mishandled. That's why it's so important to follow proper food safety steps when handling, cooking and serving meat to prevent illness.

Receiving and Holding

After receiving your fresh, uncooked roaster pig, keep it cold at or below 40°F prior to cooking. Some restaurants have a large walk-in cooler to hold the pig. When this is not an option, keep the pig iced in a large cooler at or below 40°F, or pick it up right before you are ready to cook it. If you purchased a frozen roaster pig, thaw it completely before cooking.

Avoid Cross-Contamination

Sanitize all coolers, sinks, cutting boards, knives, countertops, roasting pan, or other equipment that come into contact with raw meat using these three steps:

1. Wash
2. Rinse
3. Sanitize

Sanitizing can be accomplished with a solution of 1 teaspoon of household bleach in 1 gallon of cold water.



Preparing and Cooking

Use a meat thermometer to check the internal temperature in different parts of the roaster pig.

Every part of the roaster pig must be at least 145°F. Some cuts, such as the shoulders and hams, take longer to cook because they are thicker than other parts. To make sure every section of meat is at or greater than 145°F, some of the thinner sections will get much hotter. All parts of the pigs should reach a minimum internal temperature of 145°F with a 3-minute rest time prior to eating.

Serving and Handling Leftovers

Transfer cooked meat to serving dishes to prevent possible cross-contamination with dishes that had raw meat on them. Pack leftovers in shallow uncovered containers and refrigerate right away. Throw away leftovers that have been at room temperature for more than 2 hours. It is not necessary to cool the meat before refrigeration.

General Food Safety Practices

These steps will help prevent illness with all foods, including roaster pigs.

- ✓ Wash your hands thoroughly with warm soapy water after handling raw meat.
- ✓ Store raw animal foods below and away from all other foods.
- ✓ Keep different kinds of raw animal-based foods separate.
- ✓ Thoroughly cook foods. Use a food thermometer inserted into several of the thickest parts of the cooked meat to check temperatures.
- ✓ Keep cold food at 40°F or below in a refrigerator or under ice and keep hot food at 135°F or above.
- ✓ Do not cook for others if you are sick with vomiting or diarrhea.
- ✓ Restaurant or other food establishment workers who are sick with symptoms of vomiting or diarrhea should stay home for at least a full 24 hours after getting better.

Source: Food Safety Tech Sheet Washington State Department of Health Food Safety Program, 2016.



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