Cooking Poultry, Fish, or Meat

Try not to buy fish or meat on Sundays because it’s not very fresh.

Rinse raw poultry with cold water before using it.

Defrost in the refrigerator, not out at room temperature.

Use poultry, fish or meat within 24 hours of defrosting. Never refreeze.

Wash anything in contact with raw meat thoroughly with hot water and soap.

Use different knives and cutting boards for meat and vegetables.

Even if you won’t eat all of the meat at once, cook it for later. Only refreeze uncooked meat. Do not leave raw meat in the refrigerator.

If the inside of chicken or pork is pink, it has not finished cooking.

Dept. of Health Education, Tufts University
The Healthy College Cookbook