

# Let's Build a Burger

# Keep It Safe

## Sesame Seeds

Sesame is the ninth most common allergy among individuals and can cause severe allergic reactions.



## Bread Bun

There are many types of hamburger buns. If food allergies are a consideration, read the label for allergens, such as wheat and soy.



## Tomatoes Onions Lettuce

Rinse under clean, running water before slicing or chopping. Keep cut produce refrigerated until ready to assemble.

## Pickles

The level of acidity in a pickled product is important for its safety. Refrigerate at 40° F or lower after opening to prevent mold growth.



## Cheese

Keep refrigerated at 40° F or lower. Wash your hands before handling to prevent possible contamination with *Staphylococcus aureus*.



## Condiments

Condiments are typically safe due to their acidities. Store refrigerated at 40° F or lower after opening for best quality and flavor.



## Beef

Cook ground beef to an internal temperature of 160° F, checking with a calibrated food thermometer, to kill bacteria such as *E. coli*.



Refrigerate leftovers within **2 hours** (or 1 hour if the temperature is above 90° F) and always use within 2 to 3 days. **Don't forget to label!**