Intambwe ntabanduka zo gukingira ivyo kurya i muhira

Nyakanga 2026

Rimwe na rimwe, ibifungurwa birashobora kuba birimwo imigera yonona yoshobora kugutera indwara. Urashobora kwirinda kurwara mu gukurikiza intambwe zine ntabanduka zo gukingira ivyo kurya: gusukura, gutandukanya, guteka no gukanyisha.

Nimba ukeneye ubufasha bwo kuronka canke gutahura aya makuru, hamagara AHS.VDHFoodborne@vermont.gov.

Gusukura: Gukaraba intoki no gusukura hose kenshi.

- Gukaraba intoke n'amazi meza n'isabune imbere yo gutegura ibifungurwa, mu gihe utegura ibifungurwa, n'inyuma yo gutegura ibifungurwa, hamwe n'imbere yo kubifungura. Gukaraba intoke uhejeje gukora ku nyama mbisi, inkoko, ibikomoka mu mazi hamwe n'amagi canke ahantu haciye ibintu bidatetse.
- Kwoza ibikoresho, akabaho bakatirako, hamwe hejuru ku ma meza n'amakontwari yo mu gikoni, ukoresheje amazi ashushe kandi y'isabune, mu gihe uhejeje gutegura ibifungurwa.
- Kuronga ivyamwa n'imboga bibisi mu mazi meza yo kw'ibomba atemba.

Gutandukanya: Tandukanya ibifungurwa bibisi ubikure mu bindi kugira wirinde ko bivyanduza ubucafu.

- Gumiza inyama zibisi, inkoko, ibifungurwa vyo mu mazi n'amagi kure ahatandukanye n'ibifungurwa biteguye biteguriwe kuribwa.
- Kubika inyama mbisi, inkoko n'ibikomoka mu mazi mu bikarato canke mu masafuriya afundikiye canke mu tubati two hasi muri firigo kugira amazi abivamwo ntajojotere ku bindi bifungurwa.
- Koresha akabaho ko gukatirako n'amasahani atandukanye mu gutegura ibifungurwa bibisi bitandukanye n'ivyo ukoresha ku bifungurwa biteguye bigeze gufungurwa.

Guteka: Guteka ibifungurwa ku bushuhe bukwiye.

Koresha igipimo gipima ubushuhe bw'ibifungurwa kugira ngo urabe ko ibifungurwa bitetswe neza ku bushuhe bwiza bushika n'indani. Bireke isosi ibire neza mu gihe woba usubiye gushusha.

Inkekera z'inyama y'inka ikatakase, z'inyama y'inyana y'inka, z'inyama y'intama, n'inyama y'ingurube, harimwo n'inyama y'ingurube itoshe.	145°F (63°C)
Ifi	145°F (63°C)
Inyama zisyeye (inyama z'inka n'inyama z'ingurube)	160°F (71°C)
Inyama z'inkoko zose, harimwo inkoko n'idendo	165°F (74°C)
Ibisigarira vy'ibifungurwa n'amasorori	165°F (74°C)
Amagi n'ibifungurwa vy'amagi (imirete n'ivyapati)	160°F (71°C)

Gukanyisha: Gumiza ibifungurwa ku bushuhe bwiza.

- Kanyisha ibifungurwa muri firigo mu masaha 2, canke isaha 1 mu gihe bigiye ku bushuhe buri hejuru ya 90 ° F (32° C).
- Gumiza firigo yawe ku bushuhe bwa 40°F (4°C) canke munsi y'aho na Congelateur yawe kuri 0°F (-18°C) canke munsi y'aho.
- Kura ibarafu ku bifungurwa bikanye bivuye muri frigo, mu kubishira mu mazi akanye atemba canke mu kamashini ka micro-ondes. Ntushire ibifungurwa bikanye ku meza canke kuri kontwari yo mu gikoni mu kubikuramwo ibarafu.

Menya vyinshi kuri www.HealthVermont.gov/FoodSafety

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KIRUNDI