

Safe Food Handling

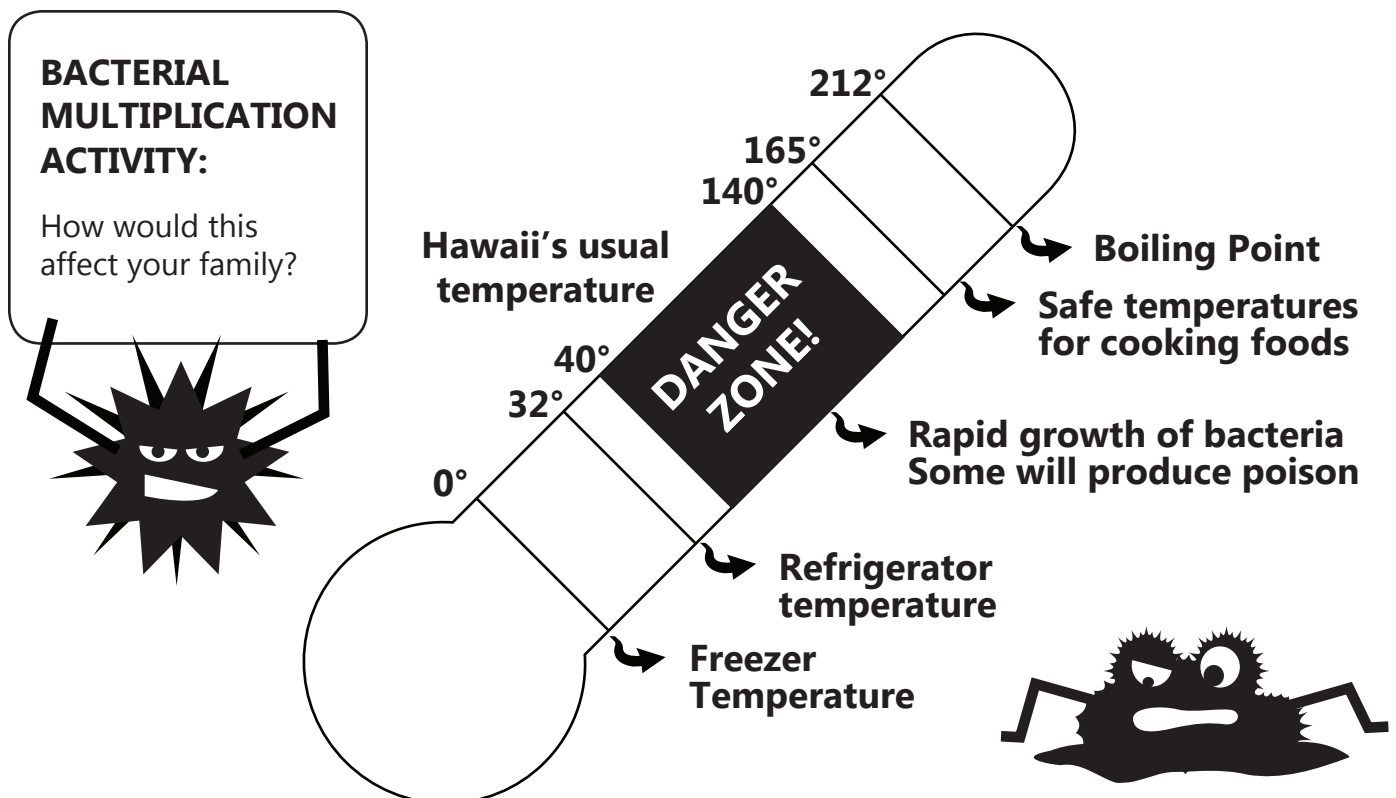
Proper food handling and cooking are the best ways to keep us from becoming sick from bacteria in foods.



KEEP FOOD SAFE

- Wash your hands with soap and water
- When in doubt, throw it out
- Keep hot foods hot, and cold foods cold

Germs, such as bacteria, fungi, yeast, and molds, are a natural part of our environment. Where there is food, there are bacteria. Generally, young children, older adults, and those who are often sick are the most at risk of getting ill from germs in food.



1. CLEAN



WASH YOUR HANDS

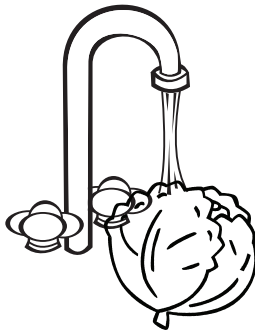
Wash your hands with warm water and soap for at least 20 seconds:

- before and after handling or eating food
- after using the bathroom
- after changing diapers
- after handling pets
- after sneezing, coughing, or blowing your nose



FRUIT & VEGGIE HANDLING

- Rinse all fruits and vegetables under running tap water.
- Never use detergent or bleach to clean fresh fruits or vegetables.



CLEAN SURFACES

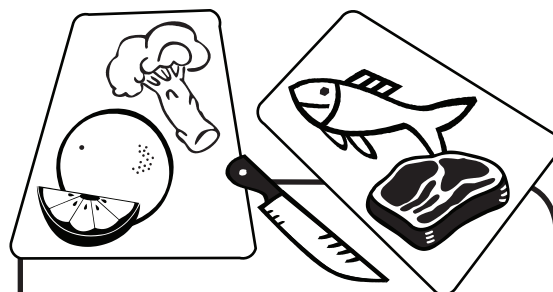
- Wash surfaces that come into contact with food in hot soapy water
- Wash your cutting boards, dishes, and utensils with hot soapy water after preparing each food item.
- Use clean towels, pot holders, cloths and sponges. Wash them often.
- Sanitizing Solution

- 1** Mix one tablespoon of bleach with a gallon of water.
- 2** Sanitize non-porous countertops and cutting boards for 2 minutes.
- 3** Store solution, tightly covered for up to one week.

2. SEPARATE



SHOP: Keep raw meat, poultry, seafood and eggs away from other foods in your shopping cart and grocery bags.



CUT: Use one cutting board for fresh produce and a different one for raw meat, poultry and seafood.

Or prepare your fresh and ready-to-eat foods before you cut your raw meat, poultry or seafood.

STORE: To prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or in plastic bags on the bottom shelf of the fridge.

MARINATE: Sauce that is used to marinate raw meat, poultry or seafood should **NOT** be re-used or poured over cooked food.

COOKED: Never place cooked food on a plate that previously held **raw** meat, poultry, seafood or eggs.

3. COOK



TEMPERATURE

Thoroughly cooking food kills the harmful bacteria that cause illness.

Use a food thermometer and follow the "Internal Temperatures for Safe Cooking" chart below.

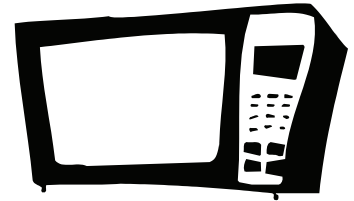
KEEP HOT FOODS HOT

- Hot foods should be kept at 140°F or higher.
- Keep food hot with chafing dishes, slow cookers, warming trays or on low heat on a stove.



MICROWAVE

- For best results, cover food before microwaving.
- Stir and rotate during microwaving for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Make sure there are no cold spots in food.



LEFTOVERS

- Heat leftovers thoroughly to 165°F.
- Bring sauces, soups and gravies to a boil for at least one minute before serving.

INTERNAL TEMPERATURES FOR SAFE COOKING

Use a food thermometer to measure the internal temperatures of food.

Meat Product

Temperature

All cooked leftovers (reheated)	165°F
Poultry (whole bird)	165°F
Poultry (breast, thigh, wing)	165°F
Ground poultry	165°F
Ground meat (beef, pork, veal, lamb)	160°F
Egg dishes	160°F
Fish	145°F
*Beef, Veal, or Lamb	145°F
*Pork or Ham	145°F

**Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145°F, then allow the meat to rest for 3 minutes before carving or consuming.*

4. CHILL

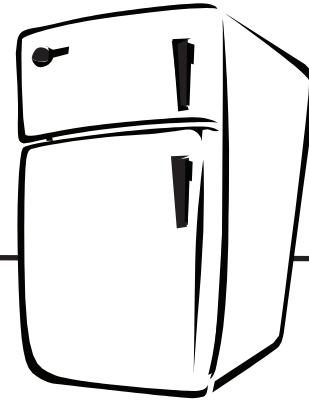


BUYING

- When shopping, buy frozen, cold or perishable foods last.
- When traveling store perishable food with ice or cold packs in a cooler.
- Take food straight home.

REFRIGERATOR

- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use most cooked leftovers within 3-4 days.
- Unsafe food does **NOT** always smell, taste or look bad.



DON'T WAIT, REFRIGERATE

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let leftovers sit at room temperature more than 2 hours or one hour when temperature is above 90°F.

DEFROSTING

- **Never defrost food at room temperature (on the kitchen counter).**
- Defrost food in the refrigerator. This is the safest method for all foods.
- For defrosting in microwave, use the defrost or low setting.
- Thaw meat and poultry in airtight packaging in cold water if it will be used immediately. Change the water every 30 minutes, so the food continues to thaw in cool water.
- Food thawed in cold water or in the microwave should be cooked immediately.

KEEP COLD FOODS COLD

Cold foods should be kept at 40°F or below
Keep all perishable foods chilled right up until serving time.
Place containers of cold food on ice for serving to make sure they stay cold.

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What do you do?

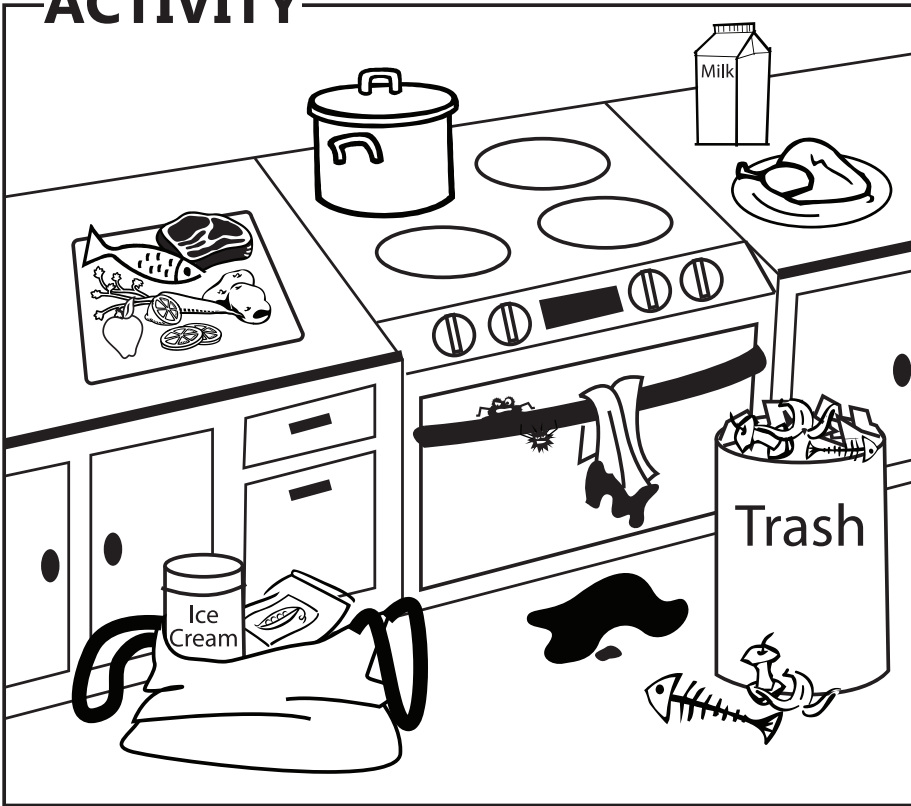
Circle YES, NO or SOMETIMES for each statement

When grocery shopping, I pick up refrigerated and frozen foods just before checking out.	Yes	No	Sometimes
I check the "sell-by" or "use-by" dates on packages when shopping and eating.	Yes	No	Sometimes
I leave cooked foods out of the refrigerator for more than 2 hours.	Yes	No	Sometimes
I wash my hands with soap and water before preparing, cooking and/or eating food.	Yes	No	Sometimes
I use separate cutting boards and utensils for raw meat and fresh produce.	Yes	No	Sometimes
I thaw frozen foods at room temperature.	Yes	No	Sometimes
After preparing foods, I keep hot foods hot and cold foods cold.	Yes	No	Sometimes
I refrigerate my leftovers immediately.	Yes	No	Sometimes
Spoiled leftover food does not always smell, taste, or look bad. When in doubt, I throw it out.	Yes	No	Sometimes
I keep kitchen towels and sponges clean.	Yes	No	Sometimes

KEEP FOOD SAFE
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ACTIVITY

INSERT



Circle the 6 unsafe food practices. What would you do to make it better?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Can you find 2 bacteria hiding in the kitchen?

IS FOOD IN THE REFRIGERATOR SAFE DURING A **POWER OUTAGE**?

It should be safe as long as power is out **no more than 4 hours**. Keep the door closed as much as possible.

Discard any perishable food (such as meat, poultry, fish, eggs, and leftovers) that have been above 40°F over 2 hours.

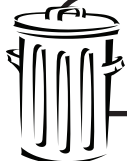
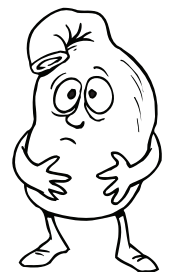
A freezer will hold its temperature for 24-48 hours.

Never taste food to see if its safe to eat!



FOOD POISONING (also known as foodborne illness or foodborne disease) is any illness that results from eating contaminated food.

- It is usually caused by harmful bacteria and viruses like E.Coli and Salmonella.
- Most people who get sick will recover without any lasting effects from their illness. For some, however, the effects can be devastating and even deadly.
- Food poisoning symptoms may include nausea, vomiting, diarrhea, fever, headache and stomach cramps.
- Signs and symptoms may start within hours after eating the contaminated food, or they may begin days or possibly even weeks later. Sickness caused by food poisoning generally lasts from one to ten days.



Discard food waste in a covered garbage can with a liner, and empty the garbage can at the end of the day (or sooner if full).

