



To fight bacteria that causes food borne illness, follow these five steps to food safety.

1. **Cook** foods thoroughly
2. Keep foods **separated**. Don't cross contaminate
3. **Store** food properly at the proper temperature in the refrigerator
4. Keep all surfaces, dishes and utensils **clean** while preparing food
5. **Avoid** foods that may put you at risk for contracting food-borne

The best way to prevent getting sick from what you eat is to know about proper

# FOOD Safety

## 1 COOK

- ◇ Use a food thermometer to check that your food has reached a safe temperature

Reheat for Hot Holding	165°F
Poultry	165°F
Ground meat	155°F
Eggs	145°F
Fish	145°F
Roast	130°F
Steak	145°F

## 2 Separate

- ◇ Safely separate raw meat and seafood foods from ready-to-eat foods
- ◇ Always wash your hands, cutting boards, dishes and utensils after they come in contact with raw meat, poultry, eggs and unwashed produce
- ◇ Always place cooked food on a clean plate

## 3 Store

- ◇ Don't put hot foods in the refrigerator. Wait until food has reached 135°F before putting it in the fridge
- ◇ Divide large amounts of prepared foods or leftovers into small, shallow containers for quick cooling
- ◇ Check and observe the use-by-dates on food products
- ◇ Set refrigerators at 41°F or lower and freezers at 0°F

## 4 Clean

- ◇ Thoroughly scrub hands with hot water and soap for 20 seconds before and after handling food. Rinse and dry with a paper towel
- ◇ Wash produce under running water. Use small brush to remove surface dirt
- ◇ Wash cutting boards and utensils with hot soapy water after preparing raw food to avoid cross contamination

## 5 Avoid Risky Foods

Some examples include: raw meat, poultry, eggs, unpasteurized milk, and shellfish, unwashed fruits and vegetables and soft cheeses.

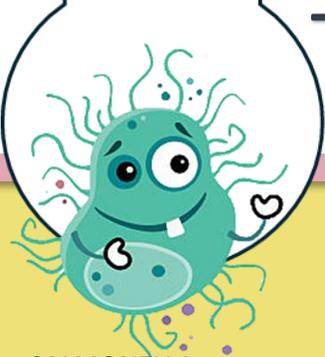


165°F - 212°	Hot enough to <b>KILL</b> most harmful bacteria; spores and toxins may survive
135°F - 165°	Hot enough to <b>PREVENT</b> most harmful bacteria from growing
41°F - 135°	<b>DANGER ZONE</b> The range of temperature where bacteria grows rapidly
0°F - 41°F	Refrigeration temp— slow growth <b>DOES NOT KILL BACTERIA</b>
-20°F - 0°F	Freezer Temp— <b>DOES NOT KILL BACTERIA</b>



## Watch the Clock

- ◇ Microorganisms can multiply quickly if food is stored at room temperature. By maintaining a temperature between 41°F and 135°F, the growth of microorganisms is slowed down or stopped.
- ◇ Never leave cooked food out of refrigeration over 2 hours.
- ◇ Do not store food for longer than 7 days in the refrigerator.
- ◇ Do not thaw frozen food at room temperature.



# TIME & TEMPERATURE

## KEY FACTORS IN FOOD SAFETY

**WHEN IN DOUBT, THROW IT OUT!**

### THE BIG **bad** BUGS

**SALMONELLA** Non-typhoidal : Spreads through consumption of contaminated foods of animal origin like eggs, poultry and milk.

Onset time: 6 - 48 hours

Symptoms: diarrhea, abdominal pain, fever and vomiting

**ESCHERICHIA COLI (E. coli)**

**O157:H7 or STEC**: Spreads by fecal contamination of food and water as well as cross-contamination during food preparation.

Onset time: 1 - 3 days

Symptoms: diarrhea, abdominal cramps some vomiting

**NOROVIRUS**: Spreads through food handled by someone who is infected with the virus or through the air after a vomit transmission has occurred.

Onset time: 12 - 48 hours

Symptoms: Nausea, abdominal cramps, vomiting, diarrhea, fever

**SHIGELLA**: Spreads by coming in direct contact with feces from and infected person.

Onset time: 4- 7 days

Symptoms: diarrhea, fever, stomach pains, dehydration



### How Does Food Borne Illness Occur?

Often caused by consuming food contaminated by bacteria and/or toxins, parasites, viruses.

Foodborne illness causes an estimated 48 million illness and 3,000 deaths each year in the United States.

Everyone is at risk, however, some people are at greater risk. Those at greater risk are infants, young children, pregnant women, older adults and people with weakened immune systems

Estimates of Foodborne Illness in the United States | Estimates of Foodborne Illness | CDC

