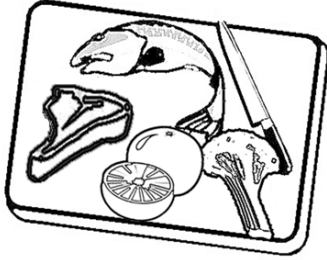
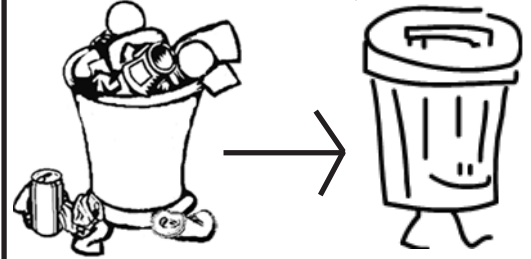


Safe Food Handling



SAFE OR NOT?

Match Each Picture To A Statement



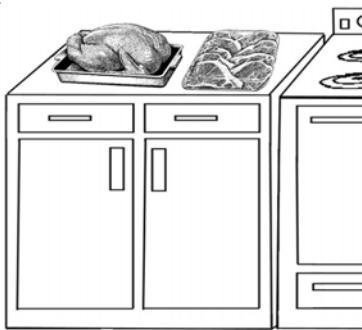
Empty garbage often.
Keep area clean.



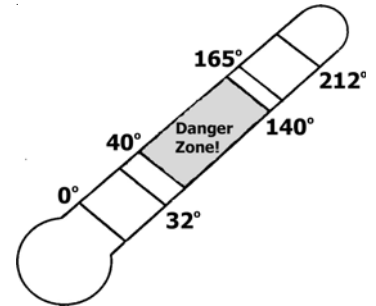
If leftover food does NOT smell bad, taste bad, or look bad, it's okay to eat.



Store foods as soon as you get home.



Keep raw meat and poultry juices away from other foods.



Wash hands with soap and water before preparing foods.

Keep hot foods hot, cold foods cold.



Don't leave perishable foods out for more than 2 hours.

Frozen foods can be thawed on the kitchen counter.



Keys to Safe Food Handling:

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

BUYING

Buy cold foods last. Take food straight home and refrigerate or freeze as soon as possible.

Cold foods: 40°F or colder

Check for freshness by looking at dates: “pull,” “packing,” “sell by,” “closed,” and “use by.”

Carry a cooler and ice packs when transporting perishable foods.

Do not buy or eat these foods:

- Bulging or swollen cans
- Cracked or leaky jars
- Cans with severe dents or rust
- Torn or defective wrapping
- Cans/jars which spurt when opened
- Canned vegetables in milky liquid when liquid should be clear.



WASHING

Wash hands for at least 20 seconds:

- before preparing or eating food
- after handling raw meats or poultry
- after using the bathroom
- after diapering baby
- after handling animals

Wash utensils with hot soapy water.

Wash surfaces that come into contact with food in hot soapy water.

Sanitize work surfaces with a sanitizing solution of 1 tablespoon liquid bleach and 1 gallon water.

Empty garbage often and wipe up spills right away.

PREPARING

Keep everything clean.

Use clean towels, potholders, cloths, and sponges. Wash them often.

Wash lids of canned foods before opening to avoid dirt from getting into the food.

Rinse all produce thoroughly before eating.

Sneeze and cough away from food. Wear gloves to cover hand sores. Don't smoke while cooking.

To prevent bacterial growth, thaw food in the refrigerator, or follow microwave instructions. Food can also be thawed during cooking process.

Keep raw meat, poultry, and fish juices away from other ready-to-eat foods (like vegetables or cooked foods).

Marinate food in the refrigerator. Do not re-use marinades or pour over cooked food.

Cook meats until well done.

Do not return tasting spoon to pot. Use only clean spoons for tasting.

LEFTOVERS

Place leftovers into the refrigerator right away.

Use shallow containers for quicker cooling.

Reheat thoroughly.

Moldy foods should be discarded.

Clean out refrigerator and discard slimy and smelly foods.

When in doubt, throw it out.

PESTS, GERMS, AND BACTERIA

Cockroaches, flies, and rats carry germs that can cause illnesses and contaminate food.

Germs need moisture, darkness, and food to grow. They multiply rapidly and can make you sick with mild to severe symptoms.

Food poisoning symptoms may include nausea, vomiting, diarrhea, fever, headache and cramps.

Foodborne illnesses are caused by bacteria such as *Staphylococcus*, *Salmonella*, *C. botulinum*, and *E. coli*.

The Danger Zone of 40°F to 140°F promotes rapid growth of bacteria.

Keep hot foods hot and cold foods cold!

STORING

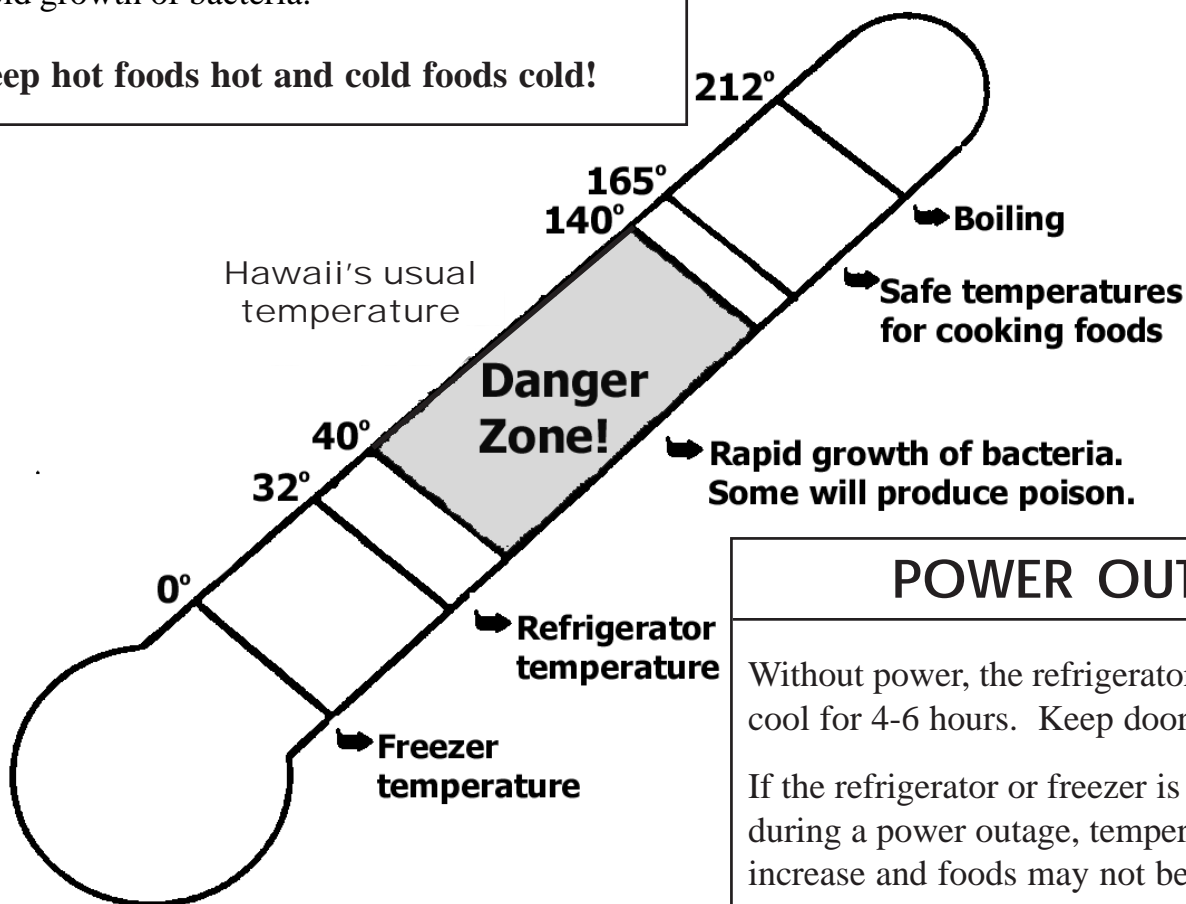
Store foods as soon as you get home.

Keep dry foods in airtight containers.

Freeze fresh poultry, fish, or ground meat right away if you can't use it within 2 days. Other beef or pork should be cooked or frozen within 3-5 days.

Place raw meat, poultry or fish in a pan on the lowest shelf in the refrigerator to avoid blood from dripping onto other foods.

Refrigerators should run below 40°F, and the freezer unit at 0°F or below to minimize bacterial growth.



POWER OUTAGE

Without power, the refrigerator section can keep cool for 4-6 hours. Keep door closed.

If the refrigerator or freezer is opened too often during a power outage, temperatures may increase and foods may not be safe to eat.

Without power, a full freezer section may keep food frozen for about 2 days, a freezer half full about 1 day.

Some foods may need to be discarded if kept over 2 hours above 40°F (out of refrigerator).

CONSUMER GUIDELINES

GROUND MEAT AND GROUND POULTRY COLD STORAGE TIMES

	Refrigerator (40°F or below) <u>Days</u>	Freezer (0°F or below) <u>Months</u>
<u>Meat Products</u>		
Uncooked ground meat	1 to 2	3 to 4
Uncooked ground poultry (bulk or patties)		
Cooked ground meat and ground poultry (hamburgers, meat loaf, and dishes with ground meats)	3 to 4	2 to 3

INTERNAL TEMPERATURES FOR SAFE COOKING

<u>Meat Product</u>	<u>Temperature</u>
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.*

Germs, such as bacteria, fungi, yeast, and molds, are a part of our environment. Where there is food, there are bacteria. Proper food handling and cooking are the best ways to keep from becoming sick from bacteria in foods. Generally, young children, older adults, and those who are often sick are most at risk to get ill from germs in food.