

STAY SAFE WITH SOCIETY

FOODBORNE ILLNESS PREVENTION

The Centers for Disease Control (www.CDC.gov/foodsafety) estimates that roughly 1 in 6 Americans (or 48 million people) gets sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases each year. As a professional in the food service industry, you have the opportunity to prevent food-related illness and reduce food safety liability by avoiding a few common food safety errors.

Checklist:

- Cooked food is safe only after it has been cooked to a temperature that will kill harmful bacteria. Use a reliable Safe Minimum Cooking Temperatures chart and a food thermometer.
- Harmful germs can multiply rapidly at room temperature. Thaw food safely in the refrigerator, in cold water or in the microwave, and always marinate meat or seafood in the refrigerator.
- You can't taste (or smell or see) the bacteria that cause food poisoning. Tasting only a tiny amount can cause serious illness. Check the Safe Storage Times chart and be sure to date, rotate, and throw food out before harmful bacteria grows.
- Germs from raw meat can easily spread to the cooked meat. Use separate plates for raw meat, poultry, or seafood and cooked meat, poultry, or seafood.
- Washing raw meat or poultry can spread harmful bacteria to your sink, countertops, and other surfaces in your kitchen. Don't wash meat, poultry, or eggs.
- Dangerous bacteria can grow in perishable foods within two hours unless you refrigerate them. Refrigerate perishable foods within two hours (or within one hour if the temperature is over 90 degrees Fahrenheit).
- Germs on your hands can contaminate the food that you or others eat. Always wash hands the right way, which is defined as at least 20 seconds with warm, soapy water.



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A Small Detail
That Can Make a
Big Difference.

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