To fight bacteria that cause 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 promptly at the proper temperature in the refrigerator.
4. Keep all surfaces, dishes, and utensils **clean** while preparing foods.
5. **Avoid foods that** may **put you at risk** for contracting food-borne illness.

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



FOOD safety

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1. Cook

* Cook until yolk and white are firm

** Allow roasts to rest 3 minutes. Rest time allows the temperature to remain constant or continue to rise, which destroys harmful bacteria.

Leftovers	165° F
Poultry	165° F
Ground Meat	160° F
Eggs*	155° F
Fish	145° F
Pork	145° F
Roast**	145° F
Steak	145° F

2. Separate

- Safely separate raw meat and seafood from other foods in your shopping cart and your refrigerator.
- Place raw meat in a sealed container or plastic bags to prevent meat juices from dripping on other food.
- 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

- Set your refrigerator at 40° F or lower and the freezer at 0° F.
- Refrigerate prepared foods within 2 hours. Divide large amounts of leftovers into small, shallow containers for quick cooling.
- Marinate foods in the refrigerator. Thaw foods in the refrigerator or microwave.
- Use an insulated lunch bag and ice pack if there is no refrigeration available.



4. Clean

- Thoroughly scrub hands, wrists, and fingernails with hot water and soap for at least 20 seconds before and after handling food. Rinse and dry with a paper towel.
- Wash raw produce under running water. Use a small vegetable brush to remove surface dirt.
- Wash cutting boards, counters, and all utensils with hot, soapy water after preparing each food item to avoid cross-contamination.

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5. Avoid Risky Foods

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

160°- 212°F	Hot enough to **KILL** most harmful bacteria.
140°- 160°F	Hot enough to **PREVENT** most harmful bacteria from growing.
40°- 140°F	**DANGER ZONE**—The range of temperature where bacteria grows most rapidly.
32°- 40°F	Refrigerator Temp—slows growth. **DOES NOT KILL BACTERIA.**
-20°- 0°F	Freezer Temp—**DOES NOT KILL BACTERIA.**

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TIME

Time is a critical factor in the development of bacteria. Left at room temperature, bacteria can double every 20 minutes. Perishable foods left at room temperature for 2 hours or more (or one hour if the temperature is 90° F or above) are unsafe to eat and should be discarded.



TEMPERATURE + TIME
key factors in food safety

IF IN DOUBT THROW IT OUT.

SOME REALLY bad BUGS

Escherichia coli is commonly known as "E. coli." It is found most often in contaminated produce and undercooked ground beef. A person needs to consume only a small amount of this bacteria to become ill. Cooking foods properly and preventing cross-contamination can help prevent E. coli.

Staphylococcus aureus is spread through unwashed hands. Contaminated foods produce toxins that cause the illness when eaten. Cooking does not destroy these toxins. Practicing good hygiene can prevent the transfer of bacteria to food and proper storage can minimize the growth of bacteria in food.

Salmonella is a bacteria commonly associated with poultry, eggs, dairy products, and beef. Illness can occur with a small amount of this bacteria, so it is important to cook foods to their proper temperatures and to make an effort to prevent cross-contamination.

Listeria monocytogenes
Listeria is commonly associated with ready-to-eat products like deli meats, hot dogs or soft cheeses. The best way to prevent Listeria is to throw out foods that have passed their use-by or expiration date.

How Does Food-Borne Illness Occur?

Eating contaminated foods carry unwanted microorganisms into the body. Some of the microorganisms overcome the body's natural defenses and cause a food-borne illness. General symptoms of a food-borne illness include nausea, vomiting, abdominal cramps, and diarrhea. If you think you or someone you know has contracted a food-borne illness, contact your health care provider.