



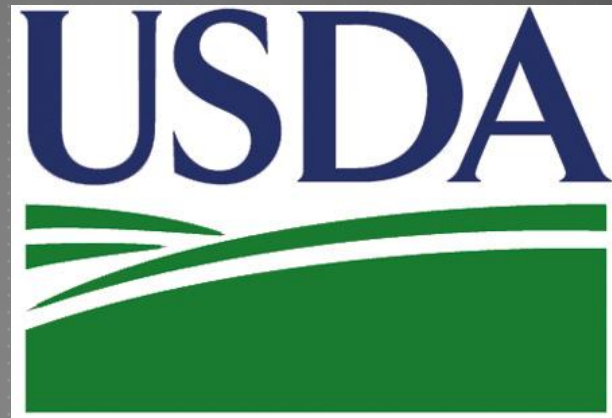
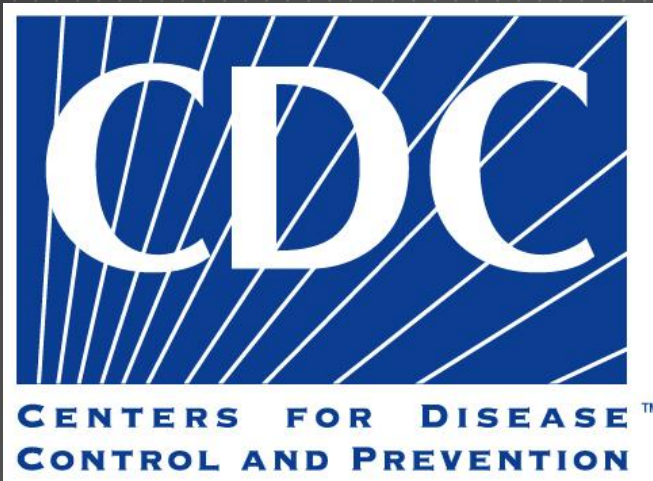
Public Health
Prevent. Promote. Protect.

FOOD SAFETY AT HOME

Tips for cooking safely at home

Information for this presentation was provided by the following agencies and was compiled by the Barton County Health Department

- ▶ FoodSafety.gov
- ▶ MO Department of Health and Senior Services – DHSS.mo.gov/FoodSafety/
- ▶ United States Department of Agriculture – USDS.gov
- ▶ Food and Drug Administration – FDA.gov
- ▶ Centers for Disease Control – CDC.gov/foodsafety/
- ▶ FightBac.org



THIS PRESENTATION IS AVAILABLE ONLINE

BCHDHealth.com/Environmental.html#FoodSafety

THE BASICS: CLEAN, SEPARATE, COOK AND CHILL

You can help prevent food poisoning from bacteria and viruses by following four simple steps when you prepare food:

CLEAN

- ▶ Wash hands and surfaces often



Clean.

Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

CLEAN

- ▶ Someone who is sick or has recently been sick should not prepare food for other people.
- ▶ Be aware of bodily discharges from the eyes, nose and mouth. Cover your mouth and nose with a tissue when you cough or sneeze and always wash your hands before you go back to work.
- ▶ Always wash your hands before you prepare a meal. Be sure to scrub all parts of your hands and under your finger nails. It should take about as long as it does to sing “Happy Birthday” twice.
- ▶ Be sure to only use food that has been properly stored. Food that was not kept at a proper temperature or was allowed to collect moisture should not be used.

SEPARATE

- ▶ Don't cross-contaminate!

Separate.

Keep raw meat and poultry apart from foods that won't be cooked.



SEPARATE

- ▶ Protect food from contamination. Do this by storing raw food separate from Ready-To-Eat (RTE) food.
- ▶ Sanitize food contact surfaces before they are used. For example, after you cut raw meat on a cutting board sanitize the surface before you use the cutting board for other food. This prevents bacteria from the raw food from getting on RTE food, like salad.
- ▶ Prevent contamination from equipment. Use only clean utensils for cooking.
- ▶ Discard food that is unsafe.

COOK

- ▶ Cook to proper temperature

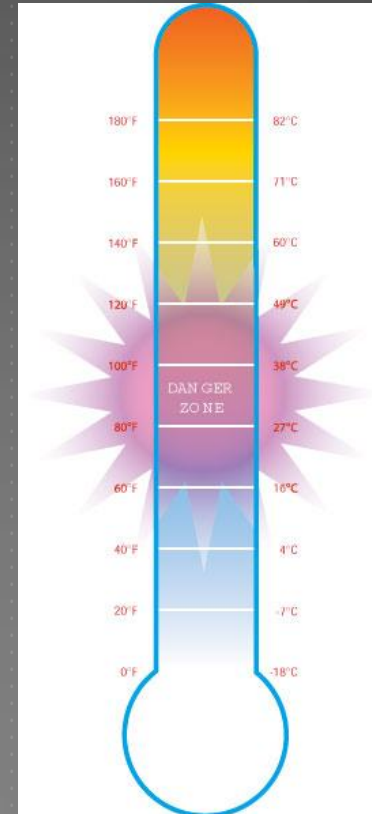


Cook.

Use a food thermometer – you can't tell food is cooked safely by how it looks.

TEMPERATURE DANGER ZONE

- ▶ This refers to the range of temperatures at which bacteria can grow - usually between 40° and 140° F (4° and 60° C).
- ▶ For food safety, keep food below or above the "danger zone."
- ▶ Remember the **2-Hour Rule**: Discard any perishables (foods that can spoil or become contaminated by bacteria if unrefrigerated) left out at room temperature for longer than two hours.
- ▶ When temperatures are above 90° F (32° C), discard food after one hour.



COOK - MEAT

- ▶ Cook ground beef, veal, lamb, and pork to at least 160° F (71° C).
- ▶ Cook all poultry to a minimum of 165° F (74° C).
- ▶ Cook pork roasts and chops to at least 145° F (63° C).

COOK - EGGS

- ▶ Cook eggs until the yolks and whites are firm.
- ▶ Cook fried eggs for 2 to 3 minutes on each side, 4 minutes in a covered pan.
- ▶ Cook scrambled eggs until they're firm throughout.
- ▶ Boil eggs for 7 minutes.
- ▶ Don't use recipes in which eggs remain raw or only partially cooked.

COOK - SEAFOOD

- ▶ Finfish should be cooked to an internal temperature of 145° F (63° C).

When a food thermometer is not available or appropriate, follow these tips to determine when seafood is done:

- ▶ Cook fish until it's opaque (milky white) and flakes with a fork.
- ▶ Cook shrimp, lobster, and scallops until they reach their appropriate color. The flesh of shrimp and lobster should be an opaque (milky white) color. Scallops should be opaque (milky white) and firm.
- ▶ Cook clams, mussels, and oysters to the point at which their shells open. This means that they are done. Throw away the ones that didn't open.

COOK - LEFTOVERS

- ▶ Reheat leftovers to 165° F (74° C).
- ▶ Bring leftover sauces, soups, and gravies to a boil.
- ▶ Don't leave food out at room temperature for more than two hours. On a hot day (90° F or higher), reduce this time to one hour.

Microwave Musts!

Microwaves often cook foods unevenly. This uneven cooking creates hot and cold spots in the food; and bacteria can survive in the cold spots. Microwaves also heat fats, sugars, and liquids more quickly than carbohydrates and proteins. For example, the gravy for your roast may be bubbling hot, but the meat may still be cold!

CHILL

- ▶ Refrigerate promptly

Chill.

Chill leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.



CHILL

- ▶ At room temperature, harmful bacteria can grow rapidly in food.
- ▶ The more bacteria there are, the greater your chances of becoming sick.
- ▶ Cold temperatures keep most harmful bacteria from multiplying, so keep perishable foods (foods that can spoil or become contaminated by bacteria) in the refrigerator.

CHILL

- ▶ Your refrigerator should register at 40° F (4° C) or below and the freezer unit at 0° F (-18° C). Place a refrigerator thermometer in the refrigerator, and check the temperature periodically.
- ▶ Refrigerate or freeze perishables, prepared food, and leftovers within two hours of eating or preparation.
- ▶ Use ready-to-eat, perishable foods, such as dairy, meat, poultry, seafood, and produce, as soon as possible.
- ▶ Hot food won't harm your refrigerator, so it's okay to place hot food inside. Be sure to divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- ▶ Marinate foods in the refrigerator - not at room temperature.

3 WAYS TO DEFROST FROZEN FOODS

1. **In the refrigerator.** Cold temperatures keep most harmful bacteria from multiplying.
2. **In cold water.** Change the water every half-hour to keep the water cold.
3. **Using the microwave,** but cook the food immediately after it's defrosted.

Note: Don't defrost foods at room temperature. Bacteria can grow in the "danger zone," the range of temperatures usually between 40° and 140° F (4° and 60° C).

FDA REFRIGERATOR & FREEZER STORAGE CHART

<http://www.fda.gov/downloads/Food/ResourcesForYou/HealthEducators/ucm109315.pdf>



Product	Refrigerator	Freezer
Eggs		
Fresh, in shell	4 to 5 weeks	Don't freeze
Raw yolks, whites	2 to 4 days	1 year
Hard cooked	1 week	Don't freeze well
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
unopened	10 days	1 year
Mayonnaise, commercial		
Refrigerate after opening	2 months	Don't freeze
TV Dinners, Frozen Casseroles		
Keep frozen until ready to heat		3 to 4 months
Deli & Vacuum-Packed Products		
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 to 5 days	Don't freeze well
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze well
Store-cooked convenience meals	3 to 4 days	Don't freeze well
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze well
Raw Hamburger, Ground & Stew Meat		
Hamburger & stew meats	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb	1 to 2 days	3 to 4 months
Ham, Corned Beef		
Corned beef in pouch with pickling juices	5 to 7 days	Drained, 1 month
Ham, canned, labeled "Keep Refrigerated," unopened	6 to 9 months	Don't freeze
opened	3 to 5 days	1 to 2 months
Ham, fully cooked, whole	7 days	1 to 2 months
Ham, fully cooked, half	3 to 5 days	1 to 2 months
Ham, fully cooked, slices	3 to 4 days	1 to 2 months
Hot Dogs & Lunch Meats		
Hot dogs, opened package	1 week	1 to 2 months
unopened package	2 weeks	1 to 2 months
Lunch meats, opened package	3 to 5 days	1 to 2 months
unopened package	2 weeks	1 to 2 months

Product	Refrigerator	Freezer
Soups & Stews		
Vegetable or meat-added & mixtures of them	3 to 4 days	2 to 3 months
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 to 2 days	1 to 2 months
Smoked breakfast links, patties	7 days	1 to 2 months
Summer sausage labeled "Keep Refrigerated," unopened	3 months	1 to 2 months
opened	3 weeks	1 to 2 months
Fresh Meat (Beef, Veal, Lamb, & Pork)		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 to 2 days	3 to 4 months
Meat Leftovers		
Cooked meat & meat dishes	3 to 4 days	2 to 3 months
Gravy & meat broth	1 to 2 days	2 to 3 months
Fresh Poultry		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, parts	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Cooked Poultry, Leftover		
Fried chicken	3 to 4 days	4 months
Cooked poultry dishes	3 to 4 days	4 to 6 months
Pieces, plain	3 to 4 days	4 months
Pieces covered with broth, gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months
Fish & Shellfish		
Lean fish	1 to 2 days	6 months
Fatty fish	1 to 2 days	2 to 3 months
Cooked fish	3 to 4 days	4 to 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 to 2 days	3 to 6 months
Canned seafood	after opening	out of can
Pantry, 5 years	3 to 4 days	2 months

FOOD SAFETY QUIZ

FightBac.org [2010 Home Food Safety Mythbusters Quiz](#)

Q.1) You took an apple out of the refrigerator and you plan to peel it. What should you do next?

A. With a clean, sharp knife, carefully cut away the peel.

B. Get out a clean plate to put the apple on after it's peeled.

C. Wash the apple with the skin on under cool, running water before peeling it.

D. Decide if you have enough apples to make a pie. If so, begin rolling out pie crust.

FOOD SAFETY QUIZ

FightBac.org [2010 Home Food Safety Mythbusters Quiz](#)

Q.2) If refrigerated leftovers don't have a bad smell...

- A.** They still may not be OK to eat because many harmful bacteria that can cause foodborne illness don't make food smell.
- B.** The leftovers are OK to eat, cold or hot.
- C.** The leftovers are OK to eat as long as you heat them to an internal temperature of 165° F as checked with a food thermometer.
- D.** The leftovers are OK to eat as long as you have a strong stomach.

FOOD SAFETY QUIZ

FightBac.org [2010 Home Food Safety Mythbusters Quiz](#)

Q.3) Why do package directions on microwaveable foods include a stand time? (For example, "Cook in microwave on high for 4 - 6 minutes. Let stand for 2 minutes.")

- A.** The stand time is so the food can cool a bit and you don't burn yourself.
- B.** The stand time is so you'll have time to set the table before eating.
- C.** The stand time lets the heat evenly distribute throughout any cold spots left by the microwave, so that bacteria can be killed.
- D.** The stand time is just a suggestion for people who have older microwaves that might not heat as evenly as newer models.

FOOD SAFETY QUIZ

FightBac.org [2010 Home Food Safety Mythbusters Quiz](#)

Q.4) When sanitizing a kitchen counter to kill harmful bacteria, it's best to use a solution of water and unscented liquid bleach, mixed in what proportions?

- A.** 1 tablespoon unscented liquid bleach to 1 gallon water.
- B.** 1 cup unscented liquid bleach to 1 gallon water.
- C.** Unless raw meat juices have been on your countertop, it isn't necessary to use anything more than plain water and a little liquid detergent.
- D.** Use your own judgment about how much bleach to use by following the guideline that more bleach means more bacteria will be killed.