

Southwest Border Food Protection and Emergency Preparedness Center

All About Discovery!

Author: Marlee Runyan

Issue: Food Safety

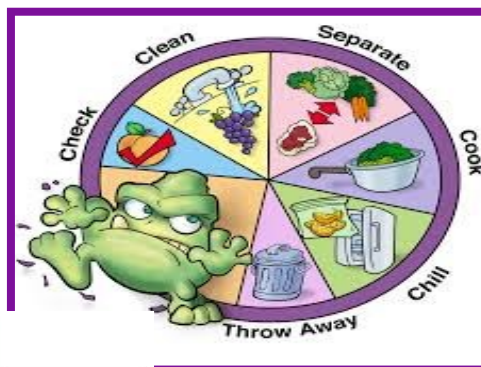
Whether you are in the kitchen baking goodies, or outside grilling steaks, food safety should always be a main concern.

Here are 6 food facts to remember...

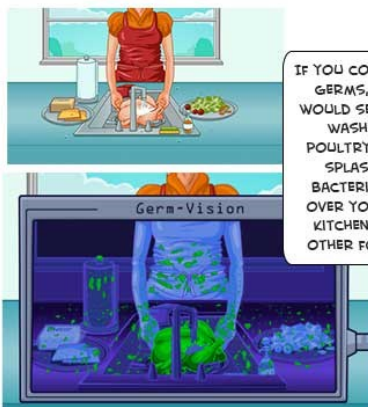
1. Always wash and check fresh produce such as fruits and vegetables.
2. Don't cross contaminate! Use separate cutting boards, utensils, etc. Especially when using poultry products, with other foods.
3. Make sure to refrigerate and thaw foods safely.
4. Always wash your hands, surfaces, and utensils to prevent the spreading of germs.
5. When cooking meats, always cook to the correct temperatures. Keeping a thermometer is always handy.
6. When in doubt... Throw it out!!!



Although raw chicken and turkey can carry bacteria on their surfaces, research has shown that washing raw poultry under running water in your kitchen sink is a bad idea.



IF YOU COULD SEE GERMS, YOU WOULD SEE THAT WASHING POULTRY JUST SPLASHES BACTERIA ALL OVER YOU, THE KITCHEN, AND OTHER FOODS.



straight from the package into the cooking pan. The heat from the cooking process will kill any bacteria that are present. Then simply clean up any splashes and wash your hands with soap and hot water

“KNOW” How To be safe in the kitchen:

Know that certain foods can carry germs that can make people sick, such as, E. coli, Salmonella, etc.

Never eat food that hasn't been washed, or if it is undercooked or raw.

Older adults, pregnant women, and children need to take extra precaution due to a higher susceptibility to germs and illnesses.

Wash your hands, surfaces, and utensils with soap and warm water after handling foods such as fruits, vegetables, poultry, or dairy products.

