

Keeping Food Safe to Eat

Harmful bacteria (germs) can be in food. Proper food handling can keep food safe.

Food-borne Illness

Did you ever have a 24-hour “bug”? Flu-like symptoms that last only a day or less are often from food-borne illness.

Signs and Symptoms

- Nausea
- Diarrhea
- Vomiting
- Stomach cramps

Cause

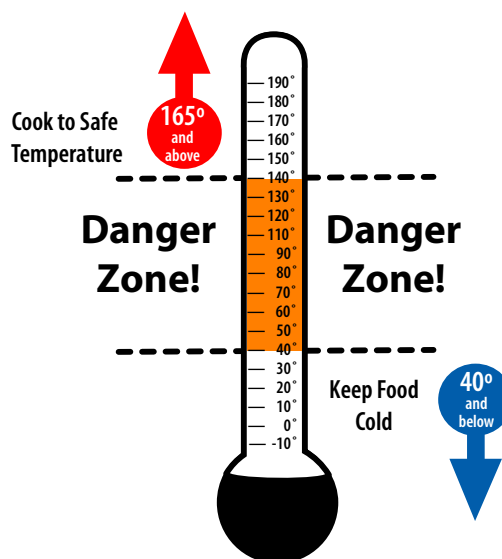
Harmful bacteria (germs) can be in food. Proper food handling can keep food safe. Knowing how to refrigerate, prepare, cook, and store foods can help you keep your family healthy.

Hot Foods

- Cook food all the way through.
- Use a meat thermometer, if possible.
- Meat and poultry should be cooked until their juices run clear.

Cold Foods

- Thaw frozen foods in the refrigerator.
- Refrigerate leftovers within two hours after cooking or serving.
- Put warm leftovers in small, shallow, covered dishes for quick cooling.
- Throw away any food that is left out too long.



What to Do Where

At the grocery store check to make sure:

- Cold foods are cold.
- Frozen foods are firm and free of ice crystals.
- Wrappers are not torn.
- Eggs are clean, not cracked.
- Cans are not bulging, rusting, or dented on the edges or seams.

Tip: Never store food near heat sources such as above the stove, under the sink, or with household cleaning products.

At home be sure to:

- Put foods away as soon as you return from the store.
- Refrigerate fresh foods.
- Put frozen foods in the freezer.
- Keep dry beans, pastas, flour, and spices in sealed jars or press-to-seal bags to keep out air, dust, and bugs.
- Store bulk foods, such as onions and potatoes, in a cool, dark, dry place.
- Keep fresh meats on the bottom shelf of the refrigerator.

In the Kitchen:

- Always wash hands with soap and hot water—before and after handling food.
- Wash all food utensils and surfaces with hot water and soap.
- Sanitize all surfaces with a solution of two capfuls household bleach in 1 gallon water. Rinse dishcloth in this solution often.
- Cover or wrap all foods, then label and date for storage.
- Keep raw meat and poultry and their juices away from other food and preparation surfaces.



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