

Keeping Your Food Safe

According to the Centers for Disease Control and Prevention (CDC), there is currently no evidence to support the spread of Coronavirus Disease 2019 (COVID-19) related to food. However, the risk for some of the most common foodborne illnesses still exist. Foodborne illnesses cause 48 million (1 in 6) Americans to get sick, 128,000 hospitalizations, and 3000 deaths each year. Foodborne illness is any illness resulting from contaminated (unsafe) food. It is sometimes referred to as Food Poisoning. <https://www.cdc.gov/foodsafety/foodbornegerms.html> The common symptoms are nausea, vomiting, stomach cramps, and diarrhea. Sometimes you may not experience symptoms right after you eat; it could take hours or even days. <https://www.fda.gov/media/77727/download> Populations most likely to get sick are pregnant women, young children, older adults and people with weakened immune systems.

CDC recommends the following 4 Food Safety Steps:

1 - CLEAN:

(Germs can spread and survive in many places. Also, the smartphone, tablet, and laptop may have germs on them. <https://www.fda.gov/food/conversations-experts-food-topics/using-your-smartphone-or-tablet-kitchen-food-safety-hazard>)

- Wash Hands** <https://www.youtube.com/watch?v=XHISh559oho> in warm soapy water. (eg. before, during, and after preparing food and before eating, after using the toilet, changing diapers, playing with pets.)
- Wash all **kitchen utensils and surfaces** with hot soapy water.
- Rinse all fresh fruits and vegetables** under cold running water.
(Check **prepackaged fruits and vegetables** to ensure package states “**Prewashed or Ready to Eat**”).
- Clean the lids** on canned goods before opening.

2 - SEPARATE:

(keep different types of food apart to prevent cross contamination)

- Keep raw** meats, poultry, seafood, and eggs away from ready to eat and other foods in bags, when shopping and in the refrigerator.
- Do not reuse** raw food marinades unless heated to a boil.
- When preparing raw food** use different cutting boards or plates during preparation and clean the supplies and areas after each use.



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3 - COOK:

(Keep “**Hot**” foods “**Hot**” by cooking to proper internal temperatures [Safe_Minimum_Cooking_Temperatures_Charts \(1\) . pdf](#) as measured by a food thermometer and after cooking keep at or above 140 °F).

Keep foods out of the “**Danger zone**” between 40°F and 140°F.

- 145°F** - Beef, pork, veal, and lamb (Roast, steaks, chops)
- 160°F** - Ground meats (Beef, pork, lamb)
- 165°F** - Poultry (Whole, parts, ground)
- 160°F** - Eggs and egg dishes (Cook egg yolk and white until firm)
- 165°F** - Reheat leftovers, takeout meals that require reheating
- 145°F** - Finfish

Shrimp, lobster, crabs and scallops should be cooked until the **flesh is pearly or white and opaque**. They are translucent which means allowing light, but not detailed images, to pass through while not being able to see through it. When it is opaque light does not pass through and you can't see anything beneath the color. Clams, oysters, mussel should be cooked until the **shells open during the cooking process**.

4 - CHILL:

(Keep “**Cold**” foods “**Cold**” at 40°F or below and refrigerate at the same temperature. Keep foods out of the “**Danger Zone**” between 40°F and 140°F.)

-**2-Hour rule**: Put perishable foods in the refrigerator or freezer within 2 hours after cooking or buying from the store. (Within 1-hour if it is 90°F or hotter outside or if the food has been left in a hot vehicle or when having a picnic.)

-**Thaw food** in the refrigerator, under cold running water, or microwave. If using microwave cook immediately. **DO NOT THAW FOODS ON THE COUNTER TOP OR BY PLACING IT IN THE SINK!**

-**Marinate** foods in the refrigerator.

-**Divide leftovers** in small shallow container and place in refrigerator within 2 hours.

<https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

Throw away leftover in 3-4 days.

For Food Safety Infographics click link:

<https://www.cdc.gov/foodsafety/communication/graphics.html>

Sources:

<https://www.cdc.gov/foodsafety/communication/graphics.html>

<https://www.cdc.gov/foodsafety/foodborne-germs.html>

<https://www.cdc.gov/foodsafety/keep-food-safe.html>

<https://www.cdc.gov/handwashing/videos.html>

<https://www.fda.gov/media/77727/download>

<https://www.fda.gov/consumers/free-publications-women/food-safety-home>

<https://www.fda.gov/food/conversations-experts-food-topics/using-your-smartphone-or-tablet-kitchen-food-safety-hazard>