## Top Ten Food-Safety Mistakes

1. Unwashed hands & utensils
2. Inadequate cooking
3. Countertop thawing
4. Leftovers and doggie bags at room temperature
5. Unclean cutting boards
6. Shared knife for raw meats and vegetables
7. Store-to-refrigerator lag time
8. Room-temperature marinating
9. Stirring & tasting spoon
10. Hide-and-eat Easter eggs

USDA/Food Safety & Inspection Service
National Cattleman's Beef Association

## For additional Information about Safe Food Handling:

USDA Meat & Poultry Hotline
1-800-535-4555

Centers for Disease Control & Prevention
1-888-232-3228

Your Local health department

## Food Safety Websites

USDA Food Safety and Inspection Service
www.usda.gov/agency/fsis/homepage.htm

Centers for Disease Control & Prevention
www.cdc.gov

Partnership for Food Safety Education
www.fightbac.org

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www.kfb.org

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The Voice of Agriculture

# Let's Talk Food Safety

**What is a food-borne illness?** An illness caused by bacteria that can be transmitted and multiply rapidly in food:

Food-borne illnesses generally cause disorders of the digestive tract, but they can lead to long-term health consequences such as, kidney failure, arthritis, serious infections and DEATH!

**Why is it important to protect yourself from food-borne illnesses?**

- Millions of illnesses and thousands of deaths each year can be traced to contaminated food!
- 81 million cases of food-borne illnesses are reported in the U.S. each year
- Up to 9,100 deaths occur each year due to food-borne illnesses
- Estimated cost of food-borne illnesses are $22 billion dollars annually

Here are some simple tips to reduce the spread of food-borne illnesses!

Wash your hands with hot soapy water for at least 20 seconds before preparing food.
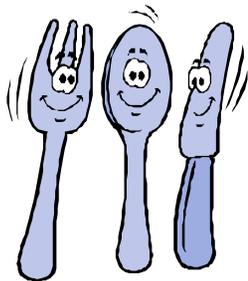
Don't share knives with raw meats & vegetables!!! This may cause cross-contamination!

Wash all fresh fruits & vegetables with cold running water, using a brush to scrub, if necessary.

Never leave perishable food at room temperature for more than two (2) hours!

Roast meat or poultry at oven temperatures of 325 degrees or above.

Use a thermometer to take the guesswork out of cooking meat & poultry.

Never partially heat foods & then refrigerate or set aside to finish cooking later. Partially cooked foods may not reach a temperature high enough to destroy bacteria.

"AT RISK" POPULATION

- ✓ elderly
- ✓ very young especially those in day care settings
- ✓ people with chronic illnesses
- ✓ people with immune disorders such as HIV/AIDS

Do not eat raw cookie dough or taste any meat, poultry, fish or egg dish while it is raw or partially cooked!
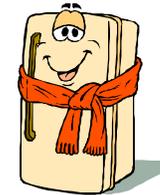
Thaw foods only in the refrigerator or microwave oven; never leave out at room temperature. When you thaw in microwave, finish cooking immediately!

THINK FOOD SAFETY
Never taste leftover food that looks or smells strange to see if you can still use it.

When in doubt throw it out!