



## EAT WELL, CARE WELL. FOOD SAFETY

Caregivers to children, older adults, or anyone with a chronic disease must be vigilant in following safe food handling practices to prevent foodborne illness. Why? Due to their weakened immune systems, this increases the risk of contracting foodborne illness. Reducing risk of illness is made simple by four important basics: **Clean, Separate, Cook and Chill**. These are explained in detail on the back of this handout. Here are a few other tips:

### Store and Thaw Food Safely

- Separate leftovers into small, shallow containers for faster cooling.
- Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours of purchase or use (1 hour when temps are over 90 °F).
- Consume or freeze refrigerated leftovers within 3 to 4 days. Toss after 4 days.
- Thaw and marinate foods in the fridge, not at room temperature.

### Keep Your Refrigerator Clean

- Wipe spills immediately.
- Regularly clean inside with hot water and liquid soap and dry with paper towels to minimize cross contamination.

For more information visit: [www.fightbac.org](http://www.fightbac.org)

### WEEKLY CHALLENGES

PURCHASE A  
REFRIGERATOR  
THERMOMETER

MONITOR THE  
FRIDGE TEMP, IT  
SHOULD BE 40 F OR  
BELOW

WASH YOUR HANDS  
OFTEN

BUY A MEAT  
THERMOMETER AND  
USE IT

### DID YOU KNOW?

NEARLY 48 MILLION  
PEOPLE IN THE US GET  
SICK FROM EATING  
FOOD CONTAMINATED  
WITH GERMS.

# Important Food Safety Basics

## **CLEAN: Wash hands and surfaces often**

- Wash hands with warm water and soap for 20 seconds before and after handling food and after using the bathroom; changing a diaper; tending to a sick person, blowing your nose; coughing or sneezing; and handling pets.
- Wash cutting boards, dishes, utensils and counter tops with hot soapy water before preparing each food item and before you go on to the next food.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.

## **SEPARATE: Don't cross-contaminate**

- Use one cutting board for fresh produce and a separate one for your meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.

## **COOK: Cook food to safe temperature**

- Cook food to the recommended safe internal temperature as measured by a food thermometer. You can't tell by looking!
- Ground beef to 160°, fresh beef, veal and lamb to 145° F; fresh pork to 160° F; poultry to 165° F. Cook eggs until the yolk and white are firm.

## **CHILL: Refrigerate promptly**

- Refrigerate leftovers promptly. Marinate foods in the refrigerator, not on the counter.
- Use an appliance thermometer to be sure the temperature of your refrigerator is consistently 40° F or below.

**Bacteria that can cause illness grow rapidly in the danger zone, between 40 and 140 degrees F. Keep hot food hot and cold food cold to stay safe.**

**VISIT [www.befoodsafe.org](http://www.befoodsafe.org) FOR MORE INFORMATION**