

Food safety in your home

Anyone with kids knows they can get sick pretty often but it doesn't have to be hard to keep them healthy. Certain foods have chemicals, bacteria, viruses, or even parasites on them. Some people, which includes children, may be at high risk for getting sick from these foods. In order to help protect your family, check out some of the tips below:



Clean

- Clean hands, food contact surfaces, and fruits and vegetables.
- Meat and poultry should *not* be washed or rinsed, this can possibly infect other food or surfaces.



Separate

- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.

Cook

- Cook foods thoroughly, especially meat, poultry, eggs and seafood.
- Keep hot food in the oven, in heated chafing dishes, or in pre-heated steam tables, warming trays, and/or slow cookers - keep food above 135° F.



Chill

- Refrigerate perishable food within 2 hours and defrost foods properly.
- Keep cold food below 41° F and frozen foods at 0° F.

Don't be a statistic!

Every year 76 million people in the United States become ill from pathogens in food; of these, about 5,000 die.

Knowledge is power.

And Remember:

- Avoid un-pasteurized milk or any products made from un-pasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, un-pasteurized juices, and raw sprouts.