University of Tennessee, Knoxville
Trace: Tennessee Research and Creative Exchange

Food, Nutrition and Food Safety | UT Extension Publications

9-1-2009

SP603 Fight BAC! Four Simple Steps to Food Safety

The University of Tennessee Agricultural Extension Service

Follow this and additional works at: http://trace.tennessee.edu/utk_agexfood

Recommended Citation
"SP603 Fight BAC! Four Simple Steps to Food Safety," The University of Tennessee Agricultural Extension Service, SP603-10M-9/09(Rep) E12-5315-00-022-10 10-0065, http://trace.tennessee.edu/utk_agexfood/47

The publications in this collection represent the historical publishing record of the UT Agricultural Experiment Station and do not necessarily reflect current scientific knowledge or recommendations. Current information about UT Ag Research can be found at the UT Ag Research website.
This Food Safety is brought to you for free and open access by the UT Extension Publications at Trace: Tennessee Research and Creative Exchange. It has been accepted for inclusion in Food, Nutrition and Food Safety by an authorized administrator of Trace: Tennessee Research and Creative Exchange. For more information, please contact trace@utk.edu.

UT Extension
SP603

Fight BAC!

TM

Four Simple Steps to Food Safety

THE UNIVERSITY of TENNESSEE
INSTITUTE of AGRICULTURE

Visit the UT Extension Web site at
http://www.utextension.utk.edu/

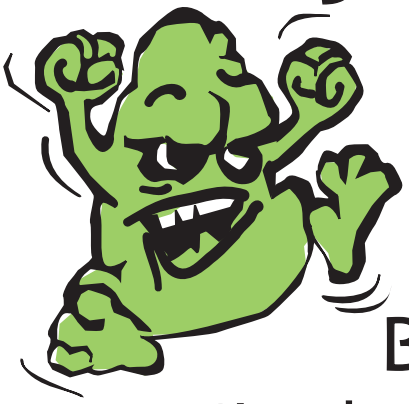
This project funded under an agreement with the Department of Human Services and Food and Nutrition Service, USDA.

SP603-10M-9/09(Rep) E12-5315-00-022-10 10-0065

Copyright 2008 The University of Tennessee. All rights reserved. This document may be reproduced and distributed for nonprofit educational purposes providing that credit is given to University of Tennessee Extension.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

Fight



TM

BAC!

Four Simple Steps to Food Safety

Janie Burney
Professor
Family and Consumer Sciences

Do you need to worry about food safety? Our food supply is one of the safest in the world. However, illness due to harmful bacteria in food is an important health concern. According to the Centers for Disease Control and Prevention, about 76 million people get sick, more than 300,000 are hospitalized and 5,000 die each year from foodborne illness.

While everyone should be concerned about food safety, certain people are more likely to become sick. Pregnant women, young children, the elderly and individuals with weakened immune systems that make them more susceptible to infection are more likely to become seriously ill than other people.

You don't have to be afraid of becoming sick from food. It can be prevented by following some simple steps.

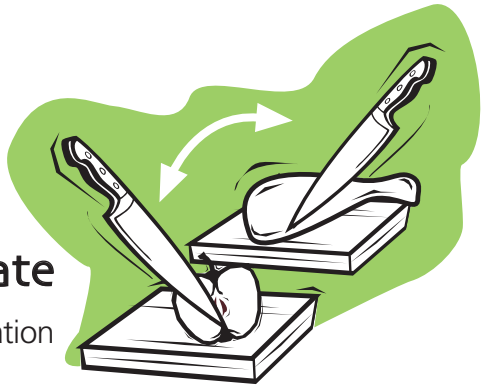
Step One

Clean: Wash hands and surfaces often

- Wash your hands with warm water and soap before and after handling food. Wash for 20 seconds, rinse well and dry with a clean towel. Use paper towels when you can.
- Prepare foods only for yourself, not others, if you are ill with diarrhea.
- Bandage cuts and burns on hands properly before handling food. Use clean bandages and gloves.
- Wash towels and cloths in the hot cycle of your washing machine. Wash them often.

Step Two

Separate: Don't cross-contaminate



Cross-contamination happens when bacteria spread from one food to another or from a food contact surface to food. Keep raw meat, poultry, seafood and their juices away from foods that will not be cooked, such as fruits and vegetables.

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.

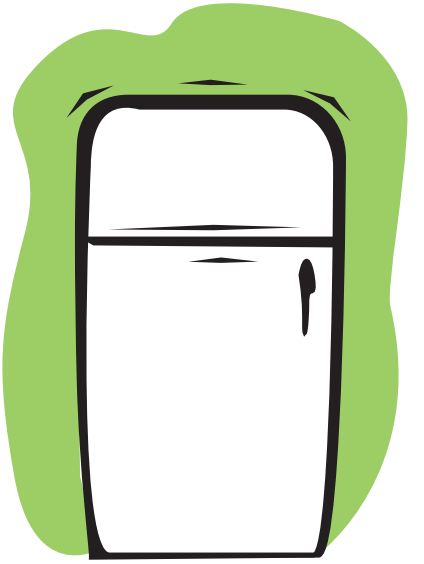
- Use one cutting board for raw meat, poultry and seafood and one cutting board for fruit and vegetables. If you do not have two cutting boards, wash the cutting board in hot water with soap after cutting raw meats and then sanitize. Boards can be sanitized with chlorine bleach and water (one teaspoon bleach per quart of water).
- Wash hands, dishes and utensils with hot water and soap after they come in contact with raw meat, poultry and seafood.
- Use clean plates to serve cooked meat, poultry and seafood — not the same plate you used for raw foods.

Step Three
Cook: Cook to proper temperatures

- Heat food to the internal temperatures shown in the table in this publication.
- Use a clean food thermometer to check the temperature inside cooked food. You can buy an inexpensive thermometer at your local discount store.
- Reheat leftovers to at least 165 degrees Fahrenheit. Bring sauces, soups and gravy to a boil when reheating.

Step Four
Chill: Refrigerate promptly

- Refrigerate or freeze perishable foods, such as meats and dairy foods, within two hours of serving.
- Keep your refrigerator at 40 F or below and your freezer at 0 F or below. Use a thermometer designed for your refrigerator and freezer to check temperatures. You can find these displayed with food thermometers at your local discount stores.
- Defrost foods in the refrigerator, microwave or under cold water. If thawing under water, change the water every half hour to keep it cold.
- Marinate foods in the refrigerator.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Leave enough room in your refrigerator so that cool air can circulate.



Recommended Internal Temperatures for Meat, Poultry, Seafood and Eggs

Raw Food	Internal Temperature
Ground Products	
Beef, veal, lamb, pork	160 F
Chicken, turkey	165 F
Beef, Veal, Lamb	
Roasts & Steaks	
medium-rare	145 F
medium	160 F
well-done	170 F
Pork	
Chops, roast, ribs	
medium	160 F
well-done	170 F
Ham, fresh	160 F
Ham, fully cooked	140 F
Sausage, fresh	160 F
Turkey and Chicken	
Whole	165 F
Breast	165 F
Legs and thighs	165 F
Stuffing (cooked separately)	165 F
Eggs	
Fried, poached, scrambled	yolk and white are firm
Casseroles	160 F
Sauces, custards	160 F
Fish	flakes with a fork

Source: This chart has been adapted for home use and is consistent with consumer guidelines from the U.S. Department of Agriculture (USDA) and U.S. Food & Drug Administration (FDA).

Avoid foods from unsafe sources

Following the steps described in this publication will reduce your risk for foodborne illness. In addition, there are some foods you should avoid or eat with caution.

Don't drink unpasteurized milk or juices. Don't eat yogurt or cheese made from unpasteurized milk.

Don't use water unless you are sure it is safe for drinking and food preparation.

Avoid raw sprouts.

Avoid soft cheeses (feta, Brie, Camembert, blue-veined, Mexican-style) if you are pregnant, have a poor immune system or are elderly in poor health.

Avoid hot dogs and deli meats if you are pregnant, have a poor immune system or are elderly in poor health. If you choose to eat them, cook them until steaming hot.

Don't eat shellfish unless it comes from approved sources.

For more information about food safety, contact any of the following:

Your county Extension office

USDA's Meat and Poultry Hotline
1-888-674-6854
mphotline.fsis@usda.gov

FDA Food Safety Information
1-888-723-3366

Fight BAC! is a registered trademark of the Partnership for Food Safety Education.