

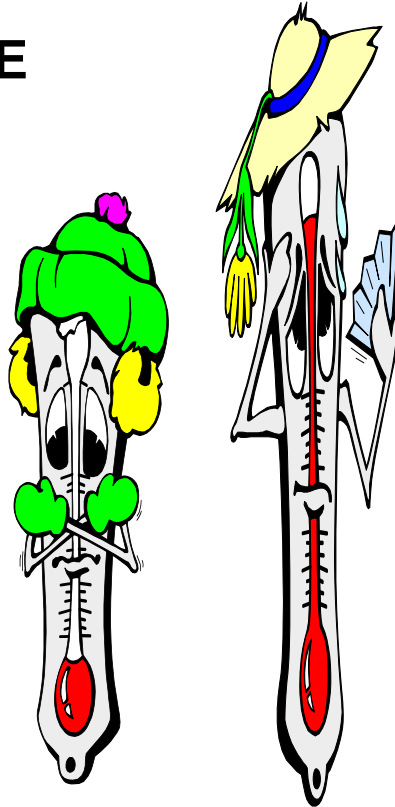
NUTRIFAX[®]

2008

KEEPING FOOD SAFE

Microorganisms and the food borne illnesses they can produce have moved to the top of the national worry list. A lot of busy marketers are portraying a dangerous world crawling with germs, in order to sell various soaps, cleaners, and disinfectants. However, you can take the following precautions:

1. When shopping, buy cold food last and hurry home.
2. Keep refrigerator at 41°F or below and freezers at 0°F or below.
3. **Never thaw frozen food at room temperature.** Thaw in the refrigerator; defrost in the microwave or under cold running water.
4. Wash all produce in cold running water.
5. Wash hands before food preparation and before handling raw foods.
6. Cook food thoroughly to a temperature of 145°F to 165°F.
7. Leftover food should be refrigerated within two hours of serving.
8. Clean hands, counters, cutting boards, and sink before and after preparing raw meat or fresh produce. If possible sanitize with bleach.
9. Wash dishes in dishmachine or if using sink, wash and air-dry.
10. Wash and sanitize dishcloths or sponges.



KEEP HOT FOODS HOT AND COLD FOODS COLD!

Remember the cardinal

food safety rule:

**WHEN IN DOUBT,
THROW IT OUT.**

SUGGESTED REFRIGERATOR STORAGE TIMES

Fresh Eggs	3 weeks
Hard Cooked Eggs	1 week
Hot Dogs & Lunch Meat	
unopened	2 weeks
opened	5 days
Meats, fresh	
roasts, chops, steaks	3-5 days
ground	1-2 days
Poultry, Fish & Shellfish	1-2 days
Most Leftovers	1-2 days

Mold and mildew in food are common food safety problems. These can be present on any food, even those that are not likely to carry other food borne illnesses. Luckily, mold and mildew can be easily recognized. Bread can be refrigerated to prevent the growth of mold. Mold and mildew on firm vegetables, fruits, and hard cheeses can be cut away. Soft foods and dairy products with mold or mildew should be thrown away.

SUGGESTED ACTIONS IF MOLD OR MILDEW IS PRESENT:

TOSS	CUT
cucumbers	bell peppers
tomatoes	broccoli
lettuce	cabbage
bananas	apples
peaches	pears
berries	garlic
juices	potatoes
luncheon meats	turnips
peanut butter	winter squash
soft cheese	hard cheese
Brie	Cheddar
Cream	Swiss
Mozzarella	Parmesan
all bread	
cakes	

**Food and Nutrition Services
can assist in providing
nutrition information.
Call 703-813-4800
and ask for
a Registered Dietitian.**

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2006

WASH HANDS OFTEN!

It is important that hands are washed before handling food, after using the restroom, and before eating meals. Train all family members to wash hands often as described below.



KEEPING FOOD SAFE QUIZ

Fill in the blanks with the correct answer.

1. Foods should be refrigerated at or below _____.
2. One should always _____ before handling or beginning food preparation.
3. Dairy products with mold or mildew should be _____.
4. All produce should be washed under _____ before use.
5. Food should be cooked to an internal temperature of _____ to _____.

Answers:

1. 41°F
2. wash your hands
3. thrown away
4. cold running water
5. 145°F to 165°F

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2006

“Be sharp in the kitchen!”

FOOD SAFETY QUIZ:

1. The best way to avoid food poisoning is to:
 - a. Use antibacterial soaps
 - b. Buy only organic food
 - c. Wash your hands with plain soap and water before and after handling food
 - d. Eat only at home, not at restaurants
2. Cooked foods should be refrigerated within:
 - a. 30 minutes
 - b. 2 hours
 - c. 3 hours
 - d. 4 hours
3. Which are potential sources of foodborne illness?
 - a. Raw eggs, poultry, beef, seafood
 - b. Unwashed produce
 - c. Raw sprouts
 - d. Unpasteurized milk, apple juice, and apple cider
4. A hamburger is “done” if:
 - a. The inside is brown
 - b. It’s been cooked until pink and then allowed to continue cooking off the heat source
 - c. It has an internal temperature of 160°F
5. Which cutting board is safer?
 - a. Plastic
 - b. Wooden
6. If you get sick from eating an egg salad sandwich left out too long, the most likely culprit is the:
 - a. Bread
 - b. Eggs
 - c. Mayonnaise
 - d. Relish
7. Hard cheese with some surface mold does not need to be tossed:
 - a. True
 - b. False
8. Cooked poultry with a pink tinge around the bones is safe to eat:
 - a. True
 - b. False
9. Raw meats can be marinated at room temperature, because the marinade kills bacteria:
 - a. True
 - b. False
10. It’s safe to refreeze thawed or partially thawed foods:
 - a. True
 - b. False
11. Packaged salad greens labeled “prewashed” or “triple washed” don’t need further washing:
 - a. True
 - b. False
12. The “sniff” test is a reliable way to tell if food is tainted with bacteria:
 - a. True
 - b. False

ANSWERS:

- | | |
|-------------------|-----------|
| 1. c | 7. True |
| 2. b | 8. True |
| 3. All | 9. False |
| 4. c | 10. True |
| 5. Either is fine | 11. True |
| 6. b | 12. False |

