

We Wish You Well! Keep Food Safe

Nausea and diarrhea are no fun. Pregnant women, babies, young children, older people, and AIDS and cancer victims are more likely to get foodborne illness. You can prevent it!

Keep it Clean!

Bacteria can live in the intestines of animals (including humans!). Cooking kills these bacteria. However, it's important to keep them from spreading to foods that won't be cooked (or reheated).

- Wash your hands with soap and water before handling food – especially after using the toilet or changing diapers.
- Wash counters, cutting boards, and utensils after handling raw meat, poultry, seafood, and eggs. Rinse or spray clean cutting boards with diluted bleach (1 Tablespoon of chlorine bleach in a gallon of water).
- Put pans under raw meat, poultry and seafood in the refrigerator to keep them from dripping on to other foods.

Cook it Well!

Thorough cooking kills bacteria. These are signs that your food is “well done”:

- Ground meat is no longer pink. (A meat thermometer should register 160° F.)
- Poultry meat and its juice are no longer pink (165° F).
- White fish looks milky and flakes easily with a fork.
- Clams look milky-white.
- Egg whites and yolks should be firm (160° F).

To be safe, buy milk that is pasteurized (heated) rather than raw milk.

Cool it Soon!

Bacteria grow fast when food is lukewarm. Don't keep cooked foods (like meat, casseroles, vegetables, pasta and potato salads) at room temperature longer than 2 to 3 hours.

- Keep hot foods **HOT**
- Keep cold foods **COLD**

Cool soups and stews quickly by refrigerating them in shallow pans, or put pan with hot soup or stew in a sink of cold ice water. Stir soup to cool then refrigerate.

Source: OSU Master Food Preserver Program