

# Food Safety & Security

## Clean

- ✓ Wash Hands and Surfaces Often
- ✓ Keep everything while preparing foods
- ✓ Use hot soapy water
- ✓ Use disposable paper towels

## Separate

- ✓ Don't cross contaminate
- ✓ Separate raw meat, poultry and fish from other foods
- ✓ Keep raw and ready to eat foods separate
- ✓ Use separate cutting boards for different types of foods
- ✓ Never place cooked meat back on the raw meat tray

## Cook

- ✓ Cook foods to safe temperatures
- ✓ Use a food thermometer
- ✓ Cook ground meats until Well Done!
- ✓ Reheat leftovers to at least 165°F

## Chill

- ✓ Refrigerate foods promptly after cooking and serving
- ✓ Keep cold foods cold under 40°F and hot foods hot over 140°F
- ✓ Use shallow containers to chill foods in the refrigerator quickly
- ✓ Thaw foods in the refrigerator (planning!)

## Food Borne Illness (FBI)

- ✓ Can have flu-like symptoms.
  - Stomach ache, fever, nausea, diarrhea, vomiting
- ✓ Age (, pregnancy, babies and seniors) and health status (cancer, HIV/AIDS and kidney disease) can put people at higher risk of FBI.
- ✓ Symptoms can start 1 hour to 3 weeks after eating the contaminated foods.
- ✓ Report all illnesses to your doctor or health care provider.
- ✓ Meat, fish, poultry, mayonnaise salads, buffets, soups, and eggs are potentially hazardous foods.
- ✓ Poor personal hygiene is most common preventable cause of FBI



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)

# Food Safety & Security

## Product recalls

- ✓ The USDA food safety and inspection service recalls food products when there is a suspected outbreak of food borne illness.
- ✓ Radio, television and print news sources provide information to the public including:
  - A description of food being recalled
  - Identifying code numbers
  - Reason for the recall
  - Name of the producer
  - Where the food was distributed
  - Health risks
  - Who to call

## Keeping food safe in an emergency

- ✓ Power failure
  - Open the refrigerator and freezer doors as **LITTLE** as possible.
  - Push everything together inside the freezer to form an “igloo”
  - If the food is still a little frozen you can refreeze most foods.
  - When in doubt, throw it out.
  - Refrigerator foods should be ok for up to 4 hours
  - Keep the refrigerator door closed as much as possible
- ✓ A well stocked pantry for emergencies includes:
  - Peanut butter & jelly
  - Crisp bread, graham crackers and other very low fat crackers
  - Dry fruit and canned fruit
  - Canned fish (tuna, salmon, sardines, etc)
  - Non-fat dry milk
  - Canned vegetables
  - A canned opener

## How long should canned foods be kept?

- ✓ Stored canned foods in a cool dry place with limited sun light
- ✓ Tomatoes and high acid foods: 18 months
- ✓ Other canned foods: 2-5 years
- ✓ Never use dented, bulging, leaking, rusting or odorous cans
- ✓ Never use jarred foods with bulging lids
- ✓ Never use any container that spurts liquid when first opened
- ✓ Do Not Taste the food – botulism carries no flavors and the tiniest amount can be deadly.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)