

# Keeping Your Food Safe



Food safety is important for everyone to familiarize themselves with, but its importance increases as we age. This is due to a decline in the effectiveness of the immune system to fight off harmful germs that cause you to get sick. Some of the most common foodborne illnesses include:

- ◆ Salmonella
- ◆ Norovirus
- ◆ Listeriosis

The chance of acquiring food poisoning increases in the summer months and with the warm weather finally here, special attention should be paid to any food served at outdoor gatherings. This being said, there are ways to decrease the chances of becoming ill from your food. The following provides information from the Centers for Disease Control & Prevention on how to prevent the development of foodborne illness and keep yourself healthy!



## Clean: Wash Hands and Surfaces Often

Germs that cause food poisoning can survive in many places and can easily be spread throughout your home.

- ◆ Wash hands with soap and water for 20 seconds before, during, and after preparing food and before eating.
- ◆ Wash utensils, cutting boards, and countertops with hot, soapy water.
- ◆ Rinse fresh fruits and vegetables under running water before eating.



## Separate: Don't Cross-contaminate


Raw meat, poultry, seafood, and eggs can spread harmful germs to ready-to-eat foods, unless separated.

- ◆ Use separate cutting boards, plates, and utensils for raw meat and poultry
- ◆ Keep all raw meat, poultry, and seafood away from other foods

## Cook: Know Your Temps

The following are the recommended cooking temperatures for safe consumption:

- ◆ 145 degrees F – whole cuts of beef, pork, veal, and lamb
- ◆ 160 degrees F – ground meats (beef/pork)
- ◆ 165 degrees F – all poultry, including ground chicken and turkey
- ◆ 145 degrees F – raw ham
- ◆ 145 degrees F – fish

| SAFE MINIMUM COOKING TEMPERATURES   |  |
|---|--|
|  | GROUND BEEF: 160°F<br>STEAK & CHOPS: 145°F |
|  | CHICKEN: 165°F                             |
|  | PORK CHOPS: 145°F<br>GROUND PORK: 160°F    |
|  | TURKEY: 165°F                              |
|  | FISH: 145°F                                |

## Chill: Refrigerate promptly

- ◆ Keep refrigerator at 40 degrees F or below
- ◆ Refrigerate perishable food within 2 hours
- ◆ If outdoor temperature is 90 degrees F and above, chill within 1 hour
- ◆ Thaw food in refrigerator or under cold running water; never thaw foods on counter as bacteria grows quickly on parts that reach room temperature

More information on foodborne pathogens and illness, food safety, and recommended cooking temperatures can be found at: <https://www.cdc.gov/foodsafety/foodborne-germs.html>.

Take care of  
**YOURSELF** ♡

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