Keep Foods Safe for Every Body: Be Food Safe

Foodborne Illness
Did you ever have a 24-hour "bug?" Flu like sickness that last a day or less are often from foodborne illness.

Signs and Symptoms
• Nausea
• Diarrhea
• Vomiting
• Stomach cramps

Cause
Harmful bacteria (germs) can be in food. Proper food handling can keep food safe. Knowing how to refrigerate, prepare, cook, and store foods can keep your family healthy.

Keep Hot Foods Safe
• Cook food all the way through.
• Use a meat thermometer, if possible.
• Meat and poultry should be cooked until their juices run clear.

Keep Cold Foods Safe
• Thaw frozen foods in the refrigerator.
• Refrigerate leftovers within two hours of cooking or serving.
• Put warm leftovers in small, shallow, covered dishes for quick cooling.
• Throw away any food that is left out too long.

Harmful bacteria (germs) can be in food. Proper food handling can keep food safe.
What You Can Do to Keep Foods Safe

At the grocery store make sure:
• Cold foods are cold.
• Frozen foods are firm and free of ice crystals.
• Wrappers are not torn.
• Eggs are clean, not cracked.
• Cans are not bulging, rusting, or dented on the edges or seams.

At home make sure you:
• Put foods away as soon as you return from the store.
• Refrigerate fresh foods.
• Put frozen foods in the freezer.
• Keep dried beans, pastas, flour, and spices in sealed jars or press-to-seal bags to keep out air, dust, and bugs.
• Store bulk foods, such as onions and potatoes, in a cool, dark, dry place.
• Keep fresh meats on the bottom shelf of the refrigerator.

In the Kitchen:
• Always wash hands with soap and warm water before and after handling food.
• Wash all food utensils and surfaces with hot water and soap.
• Sanitize all surfaces with a solution of two capfuls of household bleach in 1 gallon of water. Rinse your dishcloth in this solution often.
• Cover or wrap all foods, then label and date for storage.
• Keep raw meat and poultry and their juices away from other food and preparation surfaces.

Tip: Never store food near heat sources such as above the stove, under the sink, or with household cleaning products.

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