

Food Safety



FOOD \$ENSE



Foodborne illness, or illness caused by bacteria or toxins from improper handling of food, is a serious problem. There are four simple steps to follow called FightBAC!

CLEAN

Wash hands and surfaces often

- Wash hands with hot, soapy water before handling food and after using the bathroom, changing diapers and handling pets.
- Wash cutting boards, dishes, utensils and counter tops with hot, soapy water after preparing each food item.
- Use plastic or other non-porous cutting boards. Wash them in hot, soapy water after use.
- Consider using paper towels for kitchen clean up. If cloth towels are used, launder them often in hot water.

SEPARATE

Don't cross contaminate

- Separate raw meat, poultry and seafood from other foods in your grocery cart and in refrigerator.
- If possible, use a separate cutting board for raw meat products.
- Always wash hands, cutting boards, dishes and utensils with hot, soapy water. Consider using a sanitizing rinse (1 tablespoon bleach to 1 gallon water)
- Never place cooked food on a plate which previously held

raw meat, poultry or seafood.

Handling food safely protects you from foodborne illness.

be food safe.



clean. separate.
cook. chill.

COOK

Cook to proper temperatures

- Use a thermometer to make sure meat, poultry, casseroles and other foods are cooked thoroughly.
- Do not eat ground beef that is still pink inside.
- Fish should be opaque and flake easily with a fork.
- Eggs should be firmly cooked, do not use recipes in which eggs remain raw or only partially cooked.
- Heat leftovers to at least 165°F. Bring sauces, soups and gravy to a boil when reheating.

CHILL

Refrigerate promptly

- Keep your refrigerator at 38° to 40°F and your freezer at 0°F.
- Refrigerate or freeze perishables and leftovers within two hours.
- Marinate food in the refrigerator.
- Always defrost food in the refrigerator, under cold running water or in the microwave.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator. Do not overload the refrigerator.

Cook food to the proper temperature

RECIPES

Ground Products

Hamburger	160°F
Beef, veal, lamb, pork	160°F
Chicken, turkey	165°F

Beef, veal, lamb

Roasts and steaks	
medium-rare	145°F
medium	160°F
well-done	170°F

Pork

Chops, roasts, ribs	
medium	160°F
well-done	170°F
Sausage	160°F

Ham

Fresh (raw)	160°F
Pre-cooked	140°F

Poultry

Chicken	180°F
Duck	180°F
Turkey (unstuffed)	
whole	180°F
breast	170°F
dark meat	180°F
stuffing	165°F

Eggs

Cooked eggs	yolk and white are firm
Egg dishes	160°F

TACO SALAD

- 1 lb. lean ground beef
- 1 onion, chopped
- 1 package taco seasoning mix
- 1 can (15 oz.) kidney beans, drained and rinsed
- 1 bag (15 oz.) tortilla chips
- 1 head romaine lettuce, chopped
- 3/4 cup cheese, grated
- 1 cup SALAD DRESSING (recipe below)

Saute ground beef and onion; drain fat. Add taco seasoning mix and kidney beans; mix well. Crush 2/3 bag of tortilla chips. In a large bowl combine lettuce, tomatoes, cheese and crushed chips. Add meat mixture and salad dressing; toss well. Yield: 6-8 servings.

SALAD DRESSING

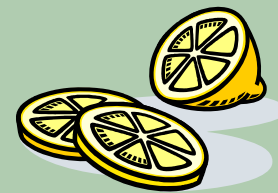
- 1/3 vinegar
- 1/2 cup oil
- 1 cup catsup
- 1/3 cup sugar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon salt

Mix ingredients until well-blended. Shake before serving. Yield: 2 cups.

Make sure your thermometer is accurate to shield yourself from foodborne illness! Submerge the sensor in a 50/50 ice and water slush. Wait until the needle of the thermometer stops, then use a small wrench to turn the calibration nut until the thermometer reads 32°F (0°C).

LEMON CHICKEN RICE

- 1 Tablespoon oil
- 2 chicken breasts, cut in strips
- 1 clove garlic, minced
- 1 cup uncooked rice
- 2 cups chicken broth
- 1/2 cup water
- 1 Tablespoon grated lemon peel
- Juice of 1 lemon
- 2 green onions, chopped
- 1/2 teaspoon pepper



In a large skillet sauté chicken and garlic in oil until light brown. Stir in rice, broth, water, lemon peel, lemon juice, green onions and pepper. Cover and simmer 20-25 minutes or until liquid is absorbed. Yield: 4-6 servings.

NUTTY CHICKEN STRIPS

- 1 cup soft bread crumbs
- 1/2 cup chopped almonds
- 2 Tablespoons minced fresh cilantro
- 1 1/2 teaspoons curry powder
- 1/4 cup all-purpose flour
- 1 egg
- 1/2 cup milk
- 1 1/2 lbs. boneless, skinless chicken breasts cut into 1-inch strips
- 1/4 cup olive oil

In a large resealable plastic bag, combine the bread crumbs, almonds, cilantro and curry powder. Place flour in a shallow bowl. In another shallow bowl, beat the egg and milk. Dip chicken strips in flour then in egg mixture. Place in bag and shake to coat. In a large skillet, cook chicken in oil for 10-12 minutes or until juices run clear, turning once. Drain on paper towels.