



FOOD SAFETY



Food Safety is what you do to prevent illnesses caused by bacteria (germs) that may be in or on the food you eat. Common bacteria are: *Salmonella*, *E.coli 0157:H7*, *Staphylococcus aureus*, *Listeria monocytogenes*

SALMONELLA

HEALTHY HOMES = HEALTHY KIDS

- ▶ **What is salmonella?**
 - A bacteria (germ) that can't be seen, touched or tasted and is found in the intestinal tract and feces of animals.
- ▶ **What is salmonella poisoning?**
 - Poisoning that may happen when someone drinks unpasteurized milk, eats salad dressing or desserts containing raw eggs or eats undercooked chicken and eggs.
- ▶ **What happens when someone is poisoned by salmonella?**
 - stomach pain ● diarrhea ● chills ● fever ● headache
- ▶ **Where is salmonella found in your food supply?**
 - raw meat ● poultry ● fish ● eggs ● unpasteurized milk
- ▶ **What should you do to avoid salmonella poisoning?**
 - Wash your hands before and after handling food
 - Clean utensils, tables, counter tops and cuttings boards with 1 teaspoon of liquid chlorine bleach added to 1 quart of water after preparing meat and poultry.
 - Thoroughly cook all meat
- ▶ **Did you know?**
 - Bacteria can multiply fast between temperatures of 40° F and 140° F. This is called **THE DANGER ZONE**

E.coli 0157:H7

- ▶ **What is *E.coli 0157:H7*?**
 - It is a bacteria often found in cattle feces, raw milk and unclean water
- ▶ **What is *E.coli 0157:H7* poisoning?**
 - Poisoning that may happen when you drink contaminated water, raw milk, unpasteurized apple juice or cider, eat raw or rare meat or uncooked fruits and vegetables
- ▶ **What happens when someone is poisoned by *E.coli 0157:H7*?**
 - diarrhea (often bloody) ● stomach cramps ● vomiting ● urinary tract and kidney infections
- ▶ **Where is *E.coli.0517: H7* found in your food supply?**
 - Unpasteurized milk or some juices ● Raw or undercooked ground beef ● Fresh fruits and vegetables
- ▶ **What should you do to avoid *E.coli 0157* poisoning?**
 - Cook hamburgers to 160° F (medium doneness) until the center is no longer pink and meat juices run clear.
 - Buy only pasteurized dairy products as stated on the label (pasteurizing kills bacteria).
- ▶ **Did you know?**
 - It is important to keep foods containing mayonaise cold until ready to eat
 - Foods left out of the refrigerator for more than 2 hours may not be safe to eat
 - You should refrigerate all leftover foods immediately after eating
 - Wash all fresh fruits and vegetables before eating or cooking them



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STAPHYLOCOCCUS aureus

- ▶ **What is *Staphylococcus aureus* (Staph)?**
 - It is a bacteria that may be found on human (skin, infected cuts, pimples, noses and throats) that multiplies at room temperature and produces a poisonous toxin that causes sickness.
- ▶ **What is *staphylococcus aureus* poisoning?**
 - Poisoning that may happen when the *Staph* bacteria is transferred to the food you fix before washing your hands.
- ▶ **What happens when someone is poisoned by *staphylococcus aureus*?**
 - nausea ● vomiting ● stomach cramps ● pain, redness and swelling in an abscess
- ▶ **Where can *staphylococcus aureus* be found in your food supply?**
 - meat ● poultry ● cheese ● salads (egg, tuna, chicken, potato and pasta) ● cream pies ● custards
 - Any food contacted by coughing, sneezing or prepared with unwashed hands
- ▶ **What should you do to avoid *staphylococcus aureus* poisoning?**
 - Wash hands before and after preparing food
 - Clean utensils and all surfaces that come in contact with food
- ▶ **Did you know?**
 - Infections with *Staphylococcus aureus* can be treated with common antibiotics.

LISTERIA monocytogenes

- ▶ **What is *Listeria monocytogenes*?**
 - It is a kind of bacteria often found in soil and water, and the gut of humans and animals.
- ▶ **What is *Listeria monocytogenes* poisoning?**
 - Poisoning that may happen when you eat foods containing this bacteria
- ▶ **What happens when someone is poisoned by *Listeria monocytogenes*?**
 - fever and chills ● upset stomach ● headache ● stiff neck ● loss of balance ● convulsions can occur
- ▶ **Where can *Listeria monocytogenes* found in your food supply?**

Ready-to-eat foods such as;

 - hot dogs ● luncheon meats ● fermented or dry sausages ● deli-style meat and poultry ● soft cheeses
- ▶ **What should you do to avoid *Listeria monocytogenes* poisoning?**
 - Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw or ready-to-eat food that requires additional heating
 - Separate raw meat, poultry, and seafood from vegetables, fruits, breads and other foods that do not need extra cooking
 - Refrigerate or freeze all foods that may spoil within 2 hours of cooking or buying it.
- ▶ **Did you know?**
 - You can get more food safety information by calling...
 - USDA's Meat and Poultry Hotline 1-800-535-4555
 - Food Safety Education Office (202) 720-7943
 - Media Inquires (202) 720-9113