

# Food Safety

## SNAP - Supplemental Nutrition Assistance Program

### Vocabulary Index:

#### **Foodborne-illness**

Also known as food poisoning. The illness is caused by bacteria or other pathogen in food.

Source of foodborne germs cause illness in United States:

Norovirus (raw fruits and vegetables)

Salmonella (eggs, poultry, sprouts)

Clostridium perfringens (beef, poultry, dried fruits)

#### **Food safety**

A scientific discipline describes handling, preparation and storage of food.



### **Importance of Food Safety**

- Food poisoning cause estimated 48 million illnesses (1 out of 6 Americans) with over 128,000 hospitalizations and 3,000 deaths every year
- Foodborne illness causes upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever and dehydration
- People with weak body immune system are more vulnerable

Adapted from : [CDC statistics](#)



### **Food Storage:** in refrigerator at 40°F

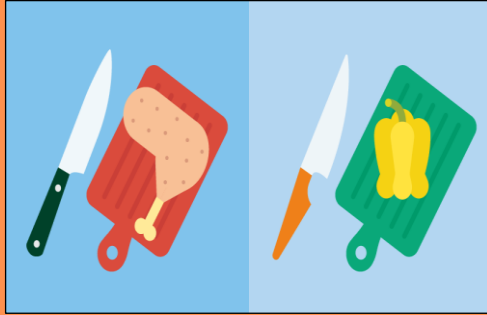
- Use bottom produce drawers for vegetables;
- Put meat in the lowest shelf or in meat drawer
- Stored dairy and egg in the coldest part of fridge (near back)
- Potatoes and Onions can be stored in pantry (50-70°F), but separately

## Do Not Cross-Contaminate:

Use clean knife to cut different foods

Keep foods separated on the countertops. Use different cutting board for raw meats.

Clean counter with hot, soapy water



## Safe Minimum Internal Temperature: (in degree Fahrenheit)

Adapted from: [Foodsafety.gov](https://www.foodsafety.gov)

Steak: 145°F

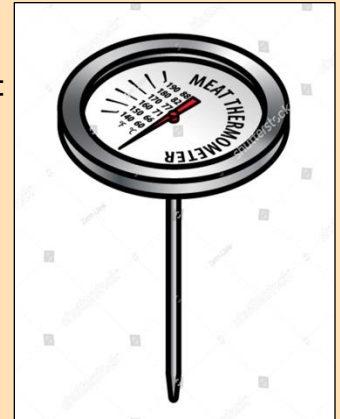
Ground beef: 160°F

Fresh Pork: 160°F

Egg Dish: 160°F

Poultry: 165°F

Leftovers: 165°F



## Overall Food-handling Tips: Adapted from: [MyPlate guideline](https://www.myplate.gov)

- Store food in the refrigerator and pantry at correct temperature and place
- Check ripeness of produce, use the older food first; check expiration date of foods stored in pantry
- Wash Hands with warm, soapy water for 20 seconds before and after preparing food
- Use defrosted food right away, and do not refreeze them
- Rinse leaves of leafy vegetables one at a time under running water
- Use different utensils for stirring foods and tasting them while cooking. Do NOT put back tasted food/utensil back into food
- Throw out food with strange smell

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