

# FOOD SAFETY AND FOODBORNE ILLNESS

Foodborne illness can strike anyone. Some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults and people with weakened immune systems. For these people the following four simple steps are critically important:

## 1 CLEAN

### *WASH HANDS AND SURFACES OFTEN*

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food or using the bathroom, changing diapers, handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces.
- Rinse fresh fruits and vegetables under running tap water.

## 3 COOK

### *COOK TO PROPER TEMPERATURES*

- Refer to the chart for the proper internal temperatures.
- Use a food thermometer to measure the internal temperature of cooked foods to ensure foods are cooked to the right internal temperature.
- Cook eggs until the yolk and white are firm. Use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when it reaches the correct internal temperature.
- Bring sauces, soups, and gravy to a boil when reheating.

## 2 SEPERATE

### *DON'T CROSS-CONTAMINATE*

- When handling raw meat, poultry, seafood and eggs, keep these foods away from ready-to-eat foods.
- Always start with a clean scene– wash hands , cutting boards, dishes, countertops and utensils with hot water and soap.
- Store raw meat, poultry, seafood and eggs from other foods separately.
- Use separate cutting boards when handling fresh produce and raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

## 4 CHILL

### *REFRIGERATE PROMPTLY*

- Keeping a constant refrigerator temperature of 4°C or below. The freezer temperature should be -18°C or below.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before refrigerating them.
- Never defrost food at room temperature and always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.



This publication was funded by the European Union. Its contents are the sole responsibility of the NSF Euro Consultants Consortium and do not necessarily reflect the views of the European Union.



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