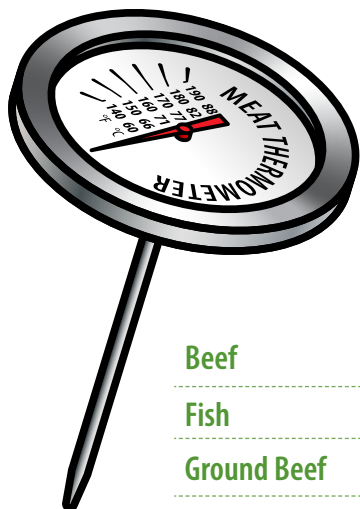


PREVENT FOODBORNE ILLNESSES

Foods most commonly associated with foodborne illnesses are raw foods of animal origin: raw meat and poultry, raw eggs, unpasteurized milk, and raw shellfish. Adequate cooking will kill most bacteria and their toxins in these foods.

Fruits and vegetables consumed raw are also a particular concern. Washing can decrease but not eliminate contamination, so proper rinsing and/or cooking to the proper time and temperature is vital. Unpasteurized fruit juices can also be contaminated if there are pathogens in or on the fruit used to make them. The safest bet is to only drink pasteurized juices.

One of the biggest pitfalls many stumble into when cooking is not planning ahead. Make a list of all the foods that you will need to prepare your meals and know which foods need to be refrigerated or kept warm. Keep in mind which foods are short in shelf life to ensure you are using them up before they spoil. Know how long each food takes to thaw, prepare, and cook to avoid any time or temperature mishaps.



Beef	145°F
Fish	145°F
Ground Beef	160°F
Pork	160°F
Poultry	165°F



<http://phc.amedd.army.mil>
1-800-222-9698
APHC Food Protection

More information is available at the United States Department of Agriculture Animal and Food Safety and Inspection Service website: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/teach-others>

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Food Safety

Food Safety 101

Learn how to keep you, your family, and your friends safe from foodborne illnesses.





THE FOOD SAFETY BASICS

Nothing draws us closer together than enjoying a delicious home-cooked meal with the ones we love, but things can take a turn for the worse if food safety is not kept in mind. The Centers for Disease Control and Prevention (CDC) estimates that approximately 48 million people get sick from foodborne illness each year. Of those who become ill, 128,000 are hospitalized and 3,000 die. Below are a few tips to keep you, your family, and your friends safe.

1. Sanitize food contact surfaces

Wash counters, cutting boards, utensils, and any other surfaces that will come in contact with food. Ensure you are using warm, soapy water. After washing, wipe or spray with a bleach solution and allow to air dry. To get the proper concentration of bleach, add ½ tablespoon bleach to 1 gallon of water. Always allow food-contact surfaces to air dry after sanitizing instead of wiping dry. Immediately clean up spilled foods. When serving foods, always use a clean plate and separate serving utensils for each food item.

2. Practice good personal hygiene

Wash your hands with soap and water after every chance of contamination: before handling food; when switching foods during preparation; and after smoking, eating, touching any part of the body, taking out the trash, playing with pets, or taking breaks. It is especially important to wash your hands after using the bathroom, assisting children in the bathroom, or changing diapers. Use water as hot as you can comfortably handle and sing the Happy Birthday song to yourself in your head while washing. This will ensure you are washing long enough (20 seconds). It is best to use disposable paper towels to dry your hands and throw them away after each use. Take care to always sneeze/cough into the crook of your arm and away from food or other people. Bandage any cuts on your hands. Do your best to keep hair out of foods by wearing hats or tying up long hair. Keep fingernails neatly trimmed and clean. Remember to remove jewelry from hands and wrists before preparing food.



3. Cook

Cook foods to the proper internal temperature. Always use a calibrated metal-stem food thermometer to check temperatures and remember to measure at the thickest part of the food. Ground meat should look brownish when cooked to 160°Fahrenheit (F). Poultry can appear light or dark and should be cooked to an internal temperature of 165°F. Fish should look milky and flake easily with a fork when cooked to an internal temperature of 145°F. Cook turkey, stuffing, casseroles, and leftovers to 165°F; beef, veal and lamb roasts to 145°F; “fully cooked” ham to 140°F; and fresh ham, pork, and egg dishes to 160°F. Cook plant foods to 135°F. Keep hot foods hot. Maintain a minimum internal temperature of 135°F for all hot foods while serving to guests.

4. Cool

Cool all cooked foods to 70°F within 2 hours, and then down to 41°F within an additional 4 hours if not using immediately. For big pots of soup and stew, this can be accomplished by pouring portions into smaller containers before placing into the refrigerator, using ice as an ingredient, or by stirring the food in a container placed in an ice water bath. Keep cold foods cold. Maintain internal temperatures below 41°F when serving to guests and storing. Do not thaw foods at room temperature, and never rush the thawing process. Instead, thaw foods in a refrigerator that maintains a temperature of 41°F or below. You can also thaw foods as a part of the cooking process.

5. Prevent cross-contamination

Separate foods by product when purchasing, storing, preparing, and serving. Separate stored raw foods from cooked foods and ready-to-eat foods. Use separate utensils, cutting boards, pots, and pans for each food item you are preparing and serving. As hard as it might be, keep guests out of the kitchen to avoid the temptation of tasting foods as they are being prepared. Provide a separate serving utensil for all foods to prevent germs on hands from spreading.



The ideal temperature range for your fridge is 35 to 38 degrees Fahrenheit