

Top Six Causes of Food Poisoning

1. Inadequate cooling and cold storage.
2. Food preparation too far in advance.
3. Poor personal hygiene.
4. Inadequate re-heating.
5. Raw or under cooked eggs.
6. Contaminated raw foods and/or ingredients.

Clean Hands for Clean Foods

- ALWAYS use soap and water
- Rub hands vigorously while washing
- Wash ALL surfaces of hands and under nails
- Rinse hands well
- Dry hands with a paper towel
- Turn off water using paper towel instead of bare clean hand

When to Wash?

After...

- Using the toilet
- Handling raw foods
- Coughing or sneezing
- Touching hair, face or body
- Smoking
- Handling soiled items
- Scraping dishes
- Disposing of garbage

Public Health...Everyday, Everywhere, Everyone

Jefferson County Public Health

Arvada

Lakewood

Edgewater

Golden

(303) 232-6301

www.jeffco.us/health

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Summer Food Safety



Jefferson County Public Health

303-271-5700

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Today's Specials

1. **Menu** - Keep it simple, keep potentially hazardous foods to a minimum (meats, eggs, dairy, potato salad, cut fruits and veggies).
2. **Thawing** - Thaw foods in the refrigerator, in cool running water or in the microwave. Thawing at room temperature is unsafe because bacteria begin to multiply as the surface warms.
3. **Cooking** - Use a food thermometer, keep hot foods hot and cold foods cold (above 140 degrees or below 40 degrees).
4. **Serving** - Remember the "2 hour rule," don't let perishable foods linger for longer than 2 hours in the "Danger Zone." *Danger Zone - Between 40° F and 140° F.*
5. **Re-heating** - Heat foods to 165°F in 30 min. DO NOT reheat in crock pots.



Proper Cooking Temperatures for Popular BBQ Foods

Hamburger/ground beef	155° F
Poultry	165° F
Pork	145° F

6. **Cooling and Cold Storage** - Cool foods to 40° F as quickly as possible and keep them cool until served. Use ice or freezer packs in coolers. Full coolers keep their temperature better than partially full ones.
7. **Transportation** - Keep foods covered during transport. Wrap in foil and heavy towels or carry in insulated containers with hot packs to maintain temperature of at least 140°F.
8. **Hand Washing** - Remember to always wash your hands. If soap and water are not available you can use moist sanitary towelettes or hand-sanitizing gel.
9. **Health & Hygiene** - Do not handle food if you have open sores, cuts or other infections on hands.

10. Food Handling

- Avoid direct hand contact with raw food. Use disposable gloves, tongs or napkins to handle food.



11. **Ice** - Ice used to cool items **SHOULD NOT** be used for beverages. Ice not used to cool items should be dispersed with a scoop or unused cup and not picked up by hand.
12. **Insect Control & Wastes** - Keep foods covered. Do not use pesticides or bug repellents around food. Keep garbage containers covered and separate from food preparation areas.

