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

Jefferson County Public Health

Lakewood

Edgewater

(303) 232-6301

jeffco.us/public-health May 2014



Summer Food Safety





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Public Health...Every day, Everywhere, Everyone

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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 warm.
- 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 then 2 hours in the "Danger Zone." Danger Zone Between 40° F and 140° F.
- 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 then 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 towellettes 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.

