

Food Safety 911



Don't let
harmful
bacteria
contaminate you.

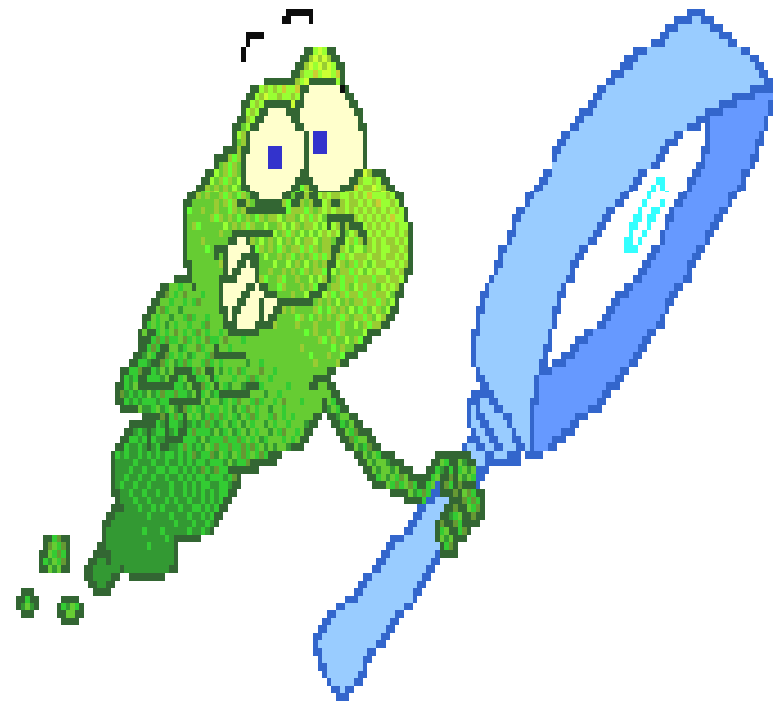
By: Kate Sellors and Karena Johnson



Harmful Bacteria

It is SO SMALL
you don't even
know it exists!

Can't see it...
Can't smell it...
Can't taste it...

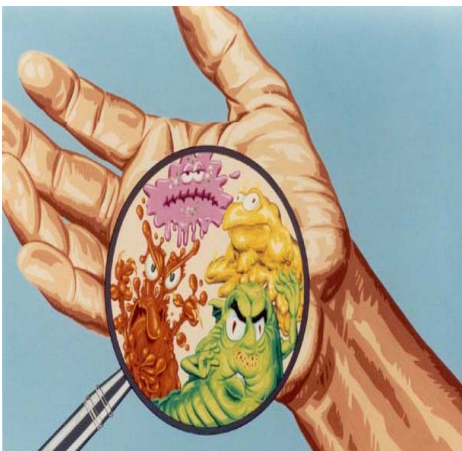


Notorious BACTERIA “Party Spots”



HERE...

EVERYWHERE!



THERE...



BACTERIA'S "Most UN-wanted"

E. COLI



SALMONELLA



LISTERIA



“MR” E. Coli



- Common Food Sources
 - Animal feces, food that has been in contact with animal or human feces, and unpasteurized milk
- Symptoms
 - Vary from person to person
 - Include abdominal cramps, diarrhea (often bloody), vomiting, and sometimes fever
- Most at risk
 - Elderly, children, and individuals with compromised immune systems
- Prognosis
 - Typically lasts 5-7 days
 - However, 5 to 10% of infected individuals develop hemolytic uremic syndrome (HUS), which can be fatal if untreated

MRS.” Salmonella



- Food Sources
 - Poultry, eggs, dairy products, beef, and produce in contact with animal and their waste
- Symptoms
 - Diarrhea, abdominal cramps, vomiting, and fever
- Most at risk
 - Elderly, children, and individuals with compromised immune systems
- Prognosis
 - Illness lasts 4-7 days in healthy individuals
 - Worse infection may develop in high risk individuals and requires aggressive treatment
 - Treatment includes hospitalization or antibiotics
 - Untreated infections may lead to death

“Miss” Listeria



- Food Sources
 - Raw meat, unpasteurized milk and milk products, ready-to-eat foods (deli meat, hot dogs, soft cheese)
 - Thrives in cool, moist places
- Symptoms
 - Fever, muscle aches, nausea and diarrhea
 - If infection spreads, may cause headache, stiff neck, confusion, and loss of balance
- Most at risk
 - Pregnant women, elderly, children, and those with compromised immune systems
- Prognosis
 - If immediately treated with antibiotics, the prognosis is good
 - If left untreated, it may lead to death

WHEN BACTERIA ATTACKS

Salmonella Outbreak

- Attacked in April 2008
- “Tomato scare” – grocery stores and restaurants removed tomatoes from stock
- Traced back to chili peppers distributed from Nuevo Leon farm in Mexico
- Affected 1,440 people in 43 different states
- Caused 1,200 sicknesses and 240 hospitalizations



Alarming Statistics



- Estimated 76 million cases of foodborne disease occur each year in the United States
- Estimated 325,000 hospitalizations and 5,000 deaths related to foodborne diseases each year
- Majority of cases are mild and cause symptoms for only a day or two, but some are more serious
- Most severe cases
 - Occur in the ELDERLY, children, those with reduced immune function, and healthy people exposed to a very high dose of bacteria

Government Action to Protect Victims

FOOD IRRADIATION

PASTEURIZATION

FOOD SAFETY TECHNIQUES

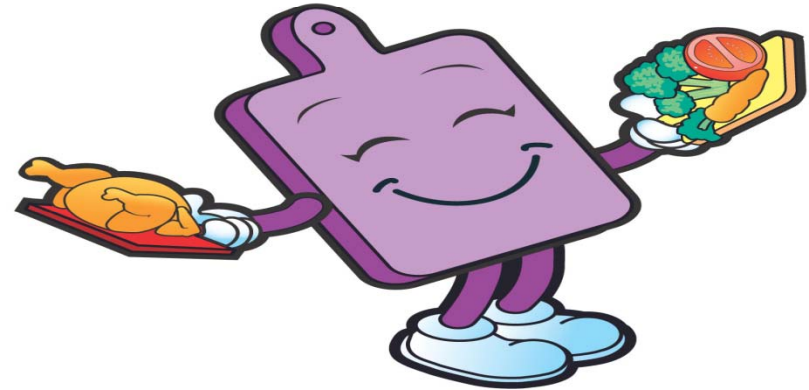


Fight Back Against Harmful Bacteria

CLEAN



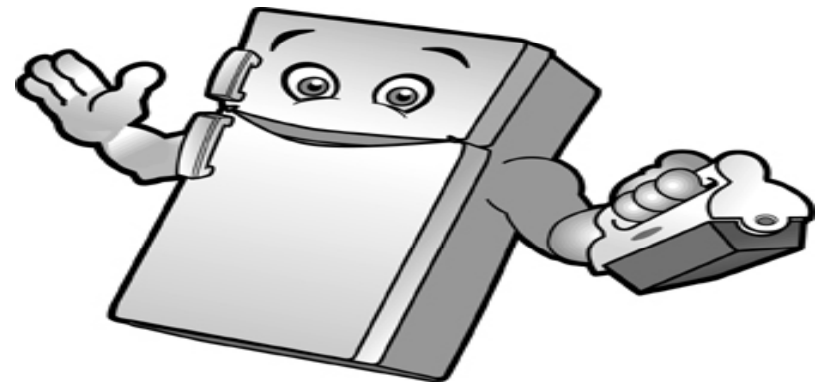
SEPARATE



COOK



CHILL



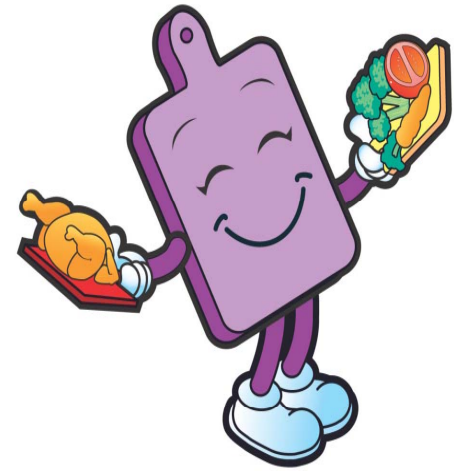
CLEAN: *Wash hands and surfaces often*



- Wash your hands, utensils, and surfaces with hot, soapy water for 20 seconds
- Wash BEFORE and AFTER preparing food
 - Especially with meat, poultry, eggs, and seafood
- Scrub fruit and vegetable peels thoroughly under running water
- Use a mixture of bleach and water on surfaces
 - 1 tablespoon bleach to 1 gallon of water
- Antibacterial soap may add extra protection
- Use paper towels to clean up kitchen surfaces
 - If you use cloth towels, wash them often in the hot cycle

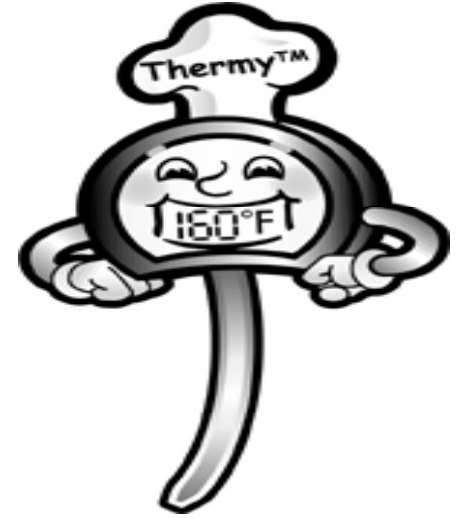
SEPARATE: *Don't Cross-Contaminate*

- Separate raw meat, poultry, eggs and seafood and their juices from ready-to-eat foods
 - In your grocery cart and bags
 - In your refrigerator
- NEVER place cooked food on same plate that held raw meat, poultry, eggs or seafood
- Always have two cutting boards
 - One for fresh produce
 - One for raw meat, poultry and seafood

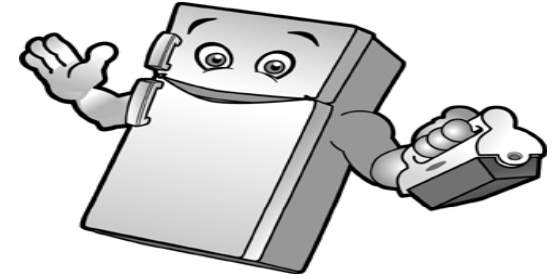


COOK: *Cook to Proper Temperatures*

- Cook to safe internal temperature
 - varies for different cuts and types of meat and poultry)
- Check with a food thermometer for doneness
 - Color is not always a good indicator of doneness
- Cook eggs until both the yolk and white are firm
- Cover food, stir, and rotate for even cooking in the microwave oven
- When reheating leftovers, bring sauces, soups and gravy to a boil



CHILL: *Refrigerate promptly*



- Refrigerate or freeze immediately after grocery shopping
 - Meat, poultry, eggs and other perishables
- Don't let sit at room temperature for over 2 hours
 - Raw meats, poultry, eggs, cooked food, cut fresh fruits or veggies
- Check your refrigerator and freezer temperatures
 - Refrigerator is set no higher than 40°F
 - Freezer unit is set at 0°F
- Three safe ways to defrost food
 - In the refrigerator
 - In the microwave (must be cooked immediately after)
 - In cold water (must be cooked immediately after)
- Place leftovers in shallow containers for quicker cooling
- Discard old leftovers and use on regular basis

You have the POWER....



Say “NO” to harmful bacteria

RESOURCES

- www.fightbac.org
- www.cdc.gov
- SERV SAFE Coursebook



QUESTIONS