



Food Safety at Home

Prepared by:

The Kendall County Health Department,

Environmental Health Unit



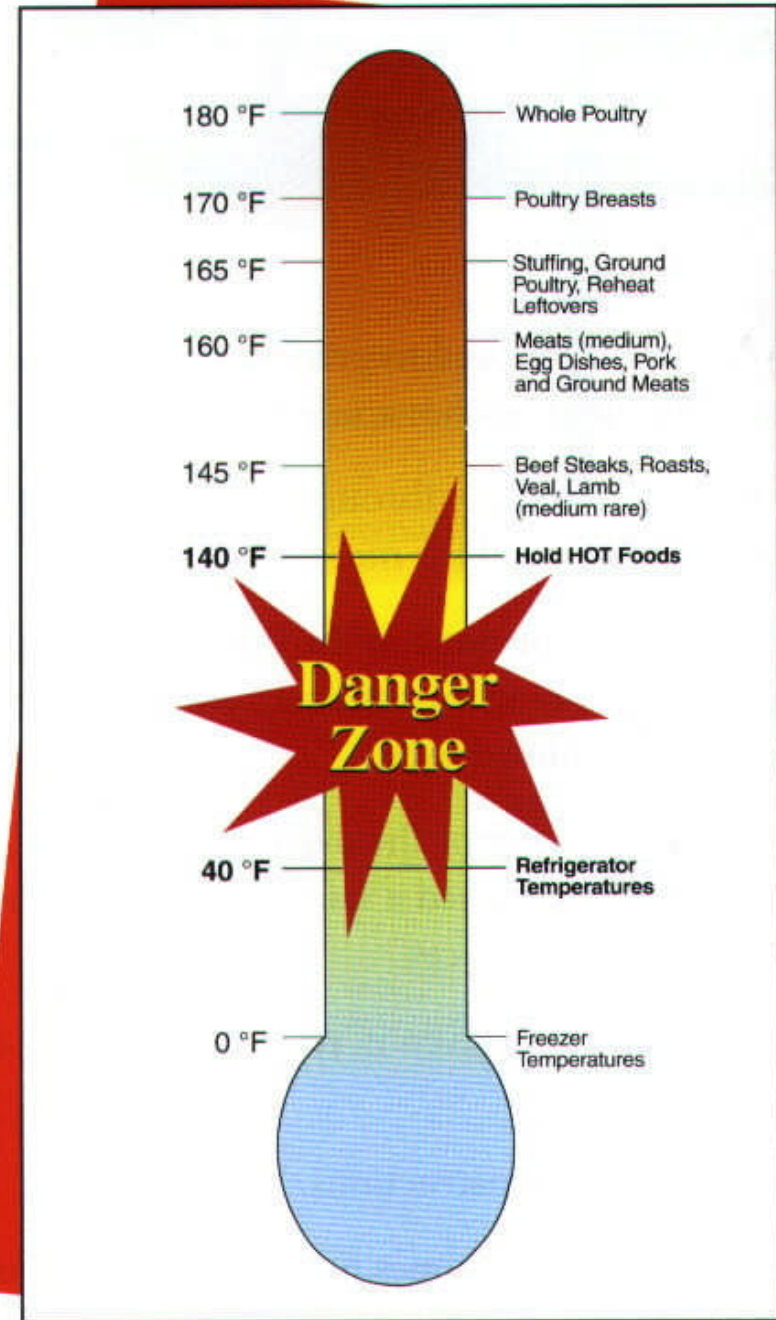
Causes of Foodborne Illness

- Failure to cool food properly
- Failure to reach proper final cooking temperatures
- Poor personal hygiene
- Food left in the temperature danger zone too long
- Leftover food not reheated to 165°F
- Cross Contamination



The Temperature Danger Zone

- Do not leave food between 41°F and 140°F!





Temperature Control

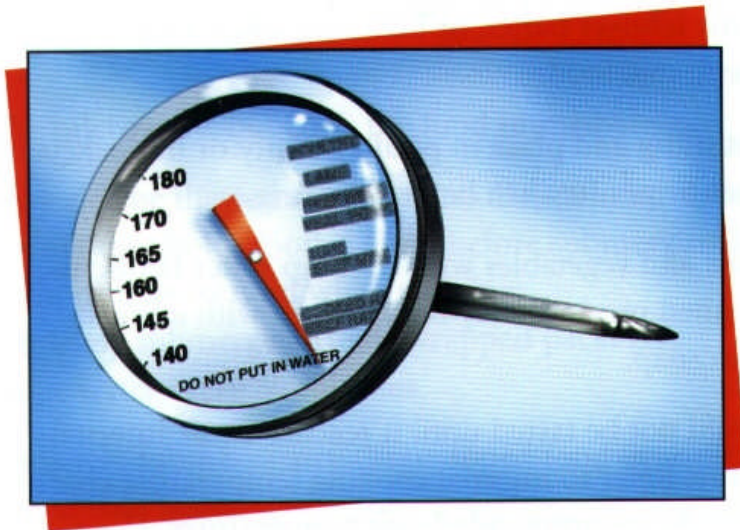
- Refrigerated Foods
 - 41°F or less
- Reheated foods
 - reheat to 165°F
- Hot Foods
 - 140°F or higher after final cooking temperature has been reached





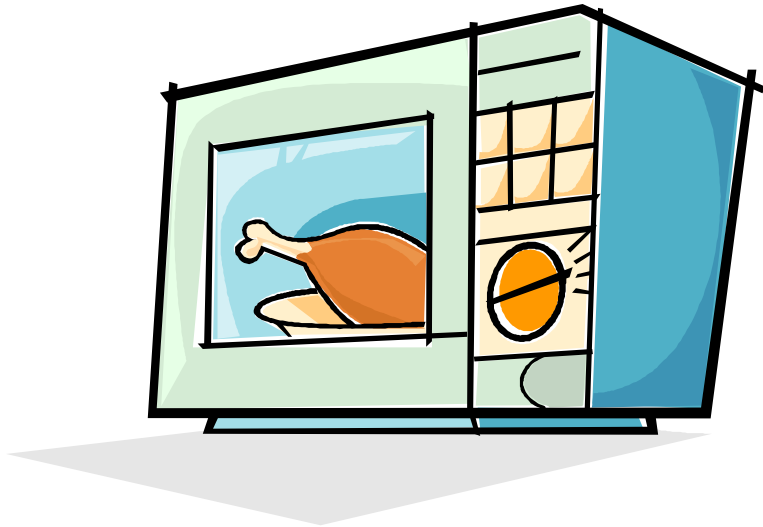
Final Cooking Temperatures

- 140°F
 - beef roasts (rare)
- 155°F
 - pork
- 165°F
 - poultry, stuffed meats
- 185°F
 - oysters, clams & other shellfish





When Microwaving...



- Add 25°F to all final cooking temperatures.
- Don't forget to stir!



Food Poisoners vs. Food Spoilers

- The food poisoners
 - cause illness
 - grow best in the temperature danger zone (41°F-140°F)
 - can not be seen, smelled, or tasted
- The food spoilers
 - do not cause illness
 - can grow at refrigerated temperatures
 - can be smelled, tasted, and sometimes seen



Food Contaminants

- Bacterial
 - Staph
 - C. perfringens
 - Salmonella
 - Botulism
- Viral
 - Hepatitis A
 - Norwalk
- Chemical
 - cleaners
 - lead
- Physical
 - glass
 - metal shavings
 - hair
- Parasites
 - trichinosis



Staphylococcus aureus (Staph)

- Facts:
 - most common bacterial contaminant
 - found on skin and in noses
 - symptoms appear 2-6 hours after ingestion
 - symptoms: nausea, vomiting, diarrhea
 - illness lasts for 1 to 2 days
- Foods associated with Staph:
 - cooked ham and meats, salads, custards, hollandaise sauce
- Prevention
 - wash those hands
 - keep cold foods at 41°F or less
 - cook food thoroughly



Clostridium perfringens

- Facts:
 - “cafeteria germ”
 - anaerobic
 - symptoms occur 8 to 24 hours after ingestion
 - symptoms: nausea, vomiting, colicky, pains, diarrhea
 - illness lasts 1 to 2 days
- Foods involved:
 - cooked beef, turkey, gravy, dressing, stews, casseroles
- Prevention:
 - keep foods below 41°F
 - divide large portions when cooling
 - hot hold at 140°F or higher for no longer than 4 hours



Salmonella

- Facts
 - found in the intestinal tract of humans and animals
 - over 2,000 different strains
 - symptoms appear 12 to 36 hours after ingestion
 - symptoms: diarrhea, vomiting, chills and fever
 - illness lasts several days
- Foods involved:
 - Raw/undercooked poultry, eggs or food containing eggs, meat, unpasteurized dairy products, cut melons
- Prevention:
 - cook food thoroughly
 - wash hands & sanitize food surfaces
 - refrigerate foods promptly



Botulism

- Facts:
 - rare but deadly
 - spores found in soil and water
 - symptoms appear 12 to 48 hours after ingestion
 - symptoms include: double vision, droopy eyelids, trouble swallowing and breathing
- Foods involved:
 - improperly canned foods, including low acid vegetables such as green beans, corn, beets, and peas
- Prevention:
 - do not use canned goods showing signs of damage, or when milkiness surrounds vegetables



Hepatitis A

- Facts
 - common in daycares
 - transmitted via fecal- oral route
 - symptoms appear 15 to 50 days after ingestion
 - symptoms include: nausea, abdominal pain, weakness, fever, jaundice and lasts!!
- Foods involved:
 - raw seafood from polluted waters, food contaminated by infected handlers or contaminated water
- Prevention
 - wash hands
 - cook seafood thoroughly



Norwalk virus

- Facts
 - most common virus
 - transmitted via fecal- oral route
 - symptoms appear 10 to 51 hours after ingestion
 - symptoms include: diarrhea, abdominal cramps, nausea, vomiting, and fever
 - illness lasts 1 to 2 days
- Foods involved:
 - beef, chicken, pork, pork products, meat salads, raw shellfish
- Prevention:
 - wash those hands
 - thoroughly cook foods
 - keep hot foods hot, and cold foods cold



Simple Sanitation

- Cleaning removes the dirt we can see...
 - So, what should be cleaned? Everything of course!
- Sanitizing removes the germs which can't be seen...
 - So, what should be sanitized? Food contact surfaces, after they are cleaned



Prevent Cross Contamination

- Store food safely
- Wash hands frequently
- Change dish cloths often
- Keep all surfaces clean
- Wash knives, cutting boards & serving plates after “raw” contact





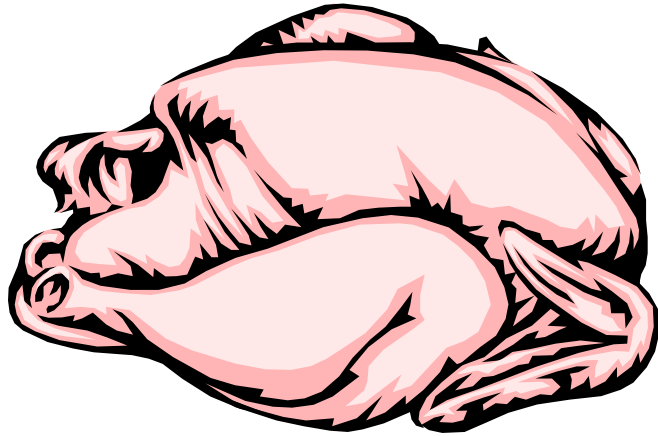
When grilling out...

- Wash or get a clean plate after putting the raw meat on the grill.
- Do not use marinade that raw meat has been soaking in as a condiment for the cooked meat...use fresh marinade.





Safe Thawing Techniques



- Thaw in the refrigerator overnight
- Thaw under cold running water
- Thaw in the microwave

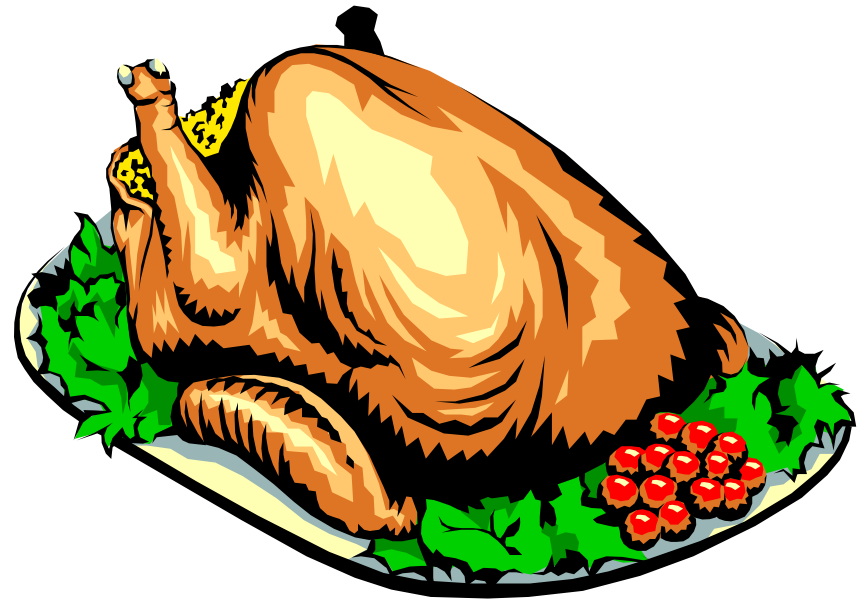


**Never thaw meat and poultry
on the kitchen counter at room
temperature!**



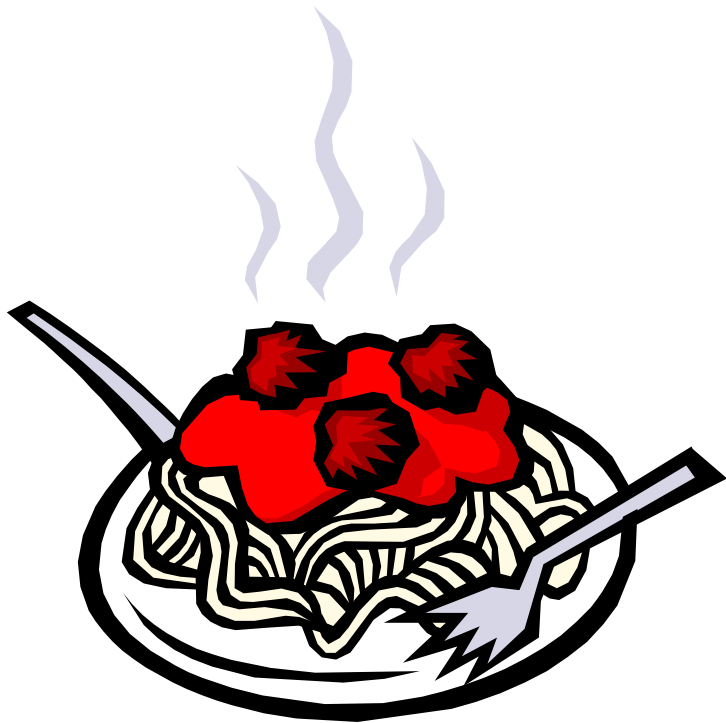
To Stuff or Not to Stuff...

- Stuff the bird just before cooking
- Stuff loosely
- Check the temperature
 - 165°F for 3 minutes
- Serve the stuffing in a separate bowl
- Refrigerate ASAP





What to do with those leftovers



- Refrigerate ASAP
- Divide large portions into smaller portions
- Store separate from (and above) raw meats/eggs
- Reheat to 165°F



So, Just how long will it last?

- Fresh meats
 - 3 to 5 days
- Fresh ground meats
 - 2 days
- Processed meats
 - bacon, hot dogs, smoked sausage
 - 7 days
 - Lunch meats
 - 3 to 5 days
- Fresh poultry
 - 2 days
- Wild Game
 - 3 to 5 days
- Leftovers
 - 3 to 5 days



So, Just how long will it last?



- Milk, yogurt & cottage cheese
 - 5 days after the sell by date
- Eggs
 - 2 to 4 days (cooked)
 - 5 weeks (raw)



And lastly...Keep those pests out!



- Keep doors and windows screened or shut
- seal off places where pests may enter
- keep all garbage cans clean and covered
- do not leave pet food out



For More Information:



Kendall County Health Department
Environmental Health Unit
811 West John Street
Yorkville, IL 60560
(630) 553-8026