

RIGHT BITE

YOUR NEWSLETTER
FOR BETTER EATING

FIGHT BAC | FCS206



WHAT'S WRONG WITH THIS PICTURE?

Chopping raw produce and raw meat, poultry, or seafood on the same board can lead to major foodborne illness.

Foodborne illness (food poisoning) is caused by eating contaminated or undercooked food. It can have the same symptoms as the flu – nausea, vomiting, stomach cramps, and diarrhea.

Children, seniors, and those with weakened immune systems can experience severe symptoms or even die from foodborne illness.

4 TIPS TO HELP YOU FIGHT BAC

1. Wash hands before preparing food, after touching raw meat, sneezing, coughing or going to the bathroom.
2. Wash cutting boards in hot, soapy water and then sanitize them after.
3. Never defrost meat, poultry or seafood at room temperature.
4. Refrigerate or freeze food within 2 hours of cooking.



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PLAN FOR FOOD SAFETY

When a sale is staring us in the face, it can be difficult to leave those good deals on the shelf. When it comes to food safety though, it's important to plan ahead and buy only what you will eat in a safe amount of time. This means consuming foods before the expiration date on the package label. And using all of a product within the "once opened..." window of time given on the label.

Do not buy damaged containers, even if they are on sale. These containers may have broken seals that allow bacteria such as E.coli to grow in the product.

Make the grocery store your last stop on your errand run. That way groceries can go straight from the store to your refrigerator.



FOOD SAFETY AT THE STORE

Did you know that where you place items in your cart can cause or prevent foodborne illness?

In your shopping cart, separate raw meat, poultry, seafood, and eggs from other foods. Place packages of these items in plastic bags if available. When you check out, place raw meat, poultry, and seafood in separate bags from other foods.

Raw meat, poultry, seafood, and eggs are kept in temperature controlled cases and freezers to keep down the growth of harmful bacteria. So these refrigerated and frozen items should be picked up right before you head to check-out.

