



CFI'S 6 SAFE FOOD PRACTICES

Following CFI's 6 Safe Food Practices can reduce, but not totally eliminate, the risk of foodborne illness



USE SAFE FOOD

1. Use safe water and food.

- Be aware that some foods have a higher risk for contamination, such as:
 - raw meat, poultry and fish
 - raw produce, all types, but especially raw leafy greens and sprouts
 - raw or unpasteurized milk and juices, including cider
 - raw shell eggs or foods that contain raw unpasteurized eggs
 - soft cheeses, especially those made with raw milk
 - moist processed foods, such as honey or peanut butter

Note: Individuals in the vulnerable populations may want to avoid these foods or use extra care when handling/preparing these higher-risk products.

- Be aware of your food source. The United States has a national and global food supply. Unfortunately, not all growers follow good agricultural practices and not all foreign markets meet U.S. federal food standards.



Is the food in a clean and “temperature safe” environment?

Does food have a label identifying the country of origin?

If the food is local, did the grower follow good manufacturing practices?

If it is restaurant food, do you know the result of the last health inspection?

Note: Knowing the food source does not necessarily mean that the food is safe. However, food information helps consumers to make better decisions for themselves and their families.

- Be aware of food recalls and local water reports
- Watch for recall notices on television, in the newspaper and in stores.
- Sign up to receive recall notices from www.foodsafety.gov
- Check the reliability and safety of water, especially when traveling abroad
 - All well water, both domestic and foreign, needs to be tested regularly
- Always check food for abuse (bruising) or mishandling (dented cans)
- Always read labels and check “use by” or expiration dates

- **If a food . . .**

- **smells bad,**
- **has mold,**
- **is in a dented or bulging can,**
- **is old or out of date (expired),**



. . . don't buy it and don't eat it. When in doubt, throw it out!



CLEAN

2. Clean

Pathogens (bacteria, viruses, parasites) that cause foodborne illness can grow and spread easily. Cleaning is an important way to stop the spread of foodborne pathogens!

- Wash your hands for 20-30 seconds with soap and water before handling food and after using the toilet, changing a diaper or playing with an animal.
(Note: Ask children to sing the ABC or birthday song twice)
- Use paper or cloth towels for drying. Use of towels creates friction, which helps to remove pathogens from skin and other surfaces.
- If soap/water is not available, use a hand sanitizer that contains at least 60% alcohol.
- Do not wash or rinse raw meat, poultry or fish.

- Washing these higher risk foods will only spread pathogens around your kitchen! Carefully remove items from the package and cook to the proper temperature.

Cooking is the only method consumers have to kill foodborne pathogens!



Wash all fruits and vegetables!

- Protect cooking areas and stored food from insects and animals.
- Keep food storage equipment and preparation areas clean.
 - Wash and/or sanitize countertops, cutting boards, knives, forks, spoons, and serving items before and after preparing food
 - Use a clean cutting board for each different type of food product
 - Use clean food preparation equipment for each food being prepared
 - Clean the tops of cans before opening
 - Use disposable paper towels or dish cloths that can be washed
 - Discard sponges – they are breeding spots for bacteria

- Clean stoves, refrigerators, counters, floors, doorknobs, stove /light switches, and cabinet/appliance hardware regularly
- Clean bathrooms; pet feeding areas and transport containers regularly
- Wash hands thoroughly after disposing of human and animal waste

Tell Everyone to Wash Their Hands!



SEPARATE

3. Separate

Cross-contamination occurs when foodborne pathogens spread from one person/food/surface to another. Not handling food when sick; separating raw food from ready-to-eat (RTE) food and using clean plates/utensils during each preparation step helps to prevent cross contamination.

- Separate raw food from other food items
- Do not let juices from raw meat, poultry, seafood and eggs drip onto other foods, either during transport or when storing
- Use separate cutting boards
 - For raw meat/poultry/seafood
 - For raw, ready-to-eat (RTE) produce
 - For processed RTE foods like breads
- When shopping,
 - Use plastic bags provided by grocer to separate items in your shopping cart
 - Check for cracked/broken eggs in cartons
 - Avoid leaking packages of meat/ poultry/fish



- When preparing food, use clean utensils, plates and dishes at each step
- When grilling, use clean dishes and utensils to carry cooked food to the table
 - Dishes used to bring raw food to the grill have foodborne pathogens on them!
- Use a dish/utensil once during preparation and then set it aside for cleaning



**Cleaning additional dishes and utensils is easier
than suffering through a foodborne illness!**



COOK

4. Cook

Cooking can effectively kill foodborne pathogens – but the food must be cooked at the right temperature for the right amount of time. Color, smell and appearance are not good indicators of doneness. Checking the temperature with a thermometer is the only way to make sure that a food has been cooked safely!



Non-digital thermometers are fine. HOWEVER, most consumers do not know how to calibrate them, which could result in an incorrect reading.

Use a digital thermometer!

- Always use a thermometer to determine if meat/poultry/fish/eggs has been cooked to the proper temperature
- Follow CFI's cooking chart: http://foodborneillness.org/cfi-library/cfi_temp_chart_2012-433x559-150.jpg.
- Follow cooking directions. "Rest time" in a recipe is important because food continues to cook after being removed from the heat source



Note: Rest time is also called "Hold time" or "Stand time"

- When microwaving food, know the wattage of the microwave
 - Follow directions for covering, stirring, rotating and "rest time"
- Heat leftovers and casseroles to 165° F
- Bring sauces, soups and gravies to a rolling boil
- Never reuse marinades without re-heating marinade to a rolling boil
- Do not eat raw or undercooked egg products
 - Uncooked cookie /cake dough, eggnog and salad dressing containing raw eggs may contain foodborne pathogens. To reduce risk, use liquid pasteurized eggs.



CHILL

5. Chill

Most bacteria love warmer temperatures and grow quickly at room temperature.

Cold temperatures slow the growth – but do not kill – foodborne pathogens.

- Refrigerate raw and perishable foods within 2 hours – one hour in very hot weather. When shopping, select refrigerated foods last and use a thermal bag or container to get them home – especially if the car is hot or you have a long ride.
- Set your refrigerator at or below 40° F and your freezer at or below 0° F

- Use an appliance thermometer and check it – especially when the refrigerator has lots of food, like during holidays or when preparing for a party
- If there is a power outage, keep freezer /refrigerator doors closed
- When power returns, be sure to check food items with a thermometer



- **Keep hot foods hot and cold foods cold**
- **Use chafing dishes and hotplates**
- **Keep perishable foods refrigerated until serving and refrigerate promptly after the meal**



REPORT

6. Report foodborne illness

Foodborne illness affects millions of Americans each year, but the vast majority of cases are never reported to public health. Reporting foodborne illness protects consumers from foodborne diseases by improving our knowledge, which in turn, helps us to develop better prevention strategies. Reporting foodborne illness can also help to identify (and hopefully stop!) a national or community-wide foodborne illness outbreak.



~85 % of all foodborne illnesses are sporadic
~15% of illnesses are linked to outbreaks

Most foodborne illnesses never find a source



**For children under 5 and seniors over 65,
bloody diarrhea
is a medical emergency that needs immediate attention.**

- Seek medical attention if someone in the vulnerable populations is experiencing symptoms of a foodborne illness.
- For others, seek medical attention if symptoms are severe or continue for several days.
- Foodborne illnesses need to be investigated: Ask to have stool tested.
- If stool test is positive: Ask the medical provider to notify public health.
- If sickened with a foodborne illness, don't handle food and avoid social settings, like attending school or going to parties or showing up for work.

**Foodborne illness is an infectious disease.
Help stop the spread of disease!**

