

# How to Prevent Food Poisoning when Cooking at Home

## FOOD BORNE ILLNESS

CDC says that each year 48 million people get sick from a foodborne illness and 128,000 are hospitalized. More than 250 foodborne illnesses have been found.

### 5 STEPS TO PREVENT FOOD BORNE ILLNESSES

1. Always cook food thoroughly.
2. Keep foods separated, when prepping and storing to prevent cross contamination.
3. Make sure the fridge is at proper temperature around 37° F.
4. Keep cooking area clean when prepping meals.
5. Avoid foods that look old, smell off, or have been "leftovers" for too long around 3-4 days.

## STORING AND COOKING FOOD TO PREVENT CONTAMINATION



- Pre-packaged produce, dairy, and leftovers get the top shelf
- Whole seafood, beef, pork, veal, roasts, and eggs should be kept on the shelf below that and cooked to a minimum internal temperature of 145°F.
- Ground or marinated meats should be on the next lowest shelf and be cooked to 155°F.
- All poultry get the bottom shelf. These meats should be cooked to 165°F.

## CHILL QUICKLY!

- Chill leftovers quickly or within 1-2 hours.
- Defrost foods in the refrigerator or under cold running water.
- Serve and store cold foods under 40°F.

