



Safe Food Handling



"When in doubt...throw it out!"

Proper food handling and cooking are the best ways to keep us from getting sick from bacteria in foods.

STEP 1

KEEP FOOD SAFE

- CLEAN:** Wash your hands!
- SEPARATE:** Don't cross contaminate!
- COOK:** Keep hot foods hot!
- CHILL:** Keep cold foods cold!
- and** When in doubt, throw it out!



BACTERIA DANGER ZONE

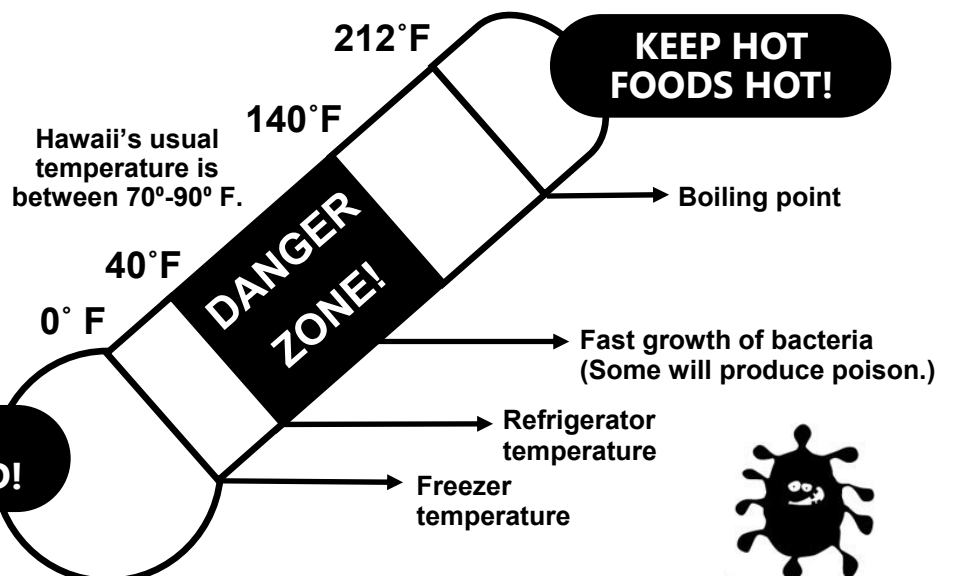
Germ, such as bacteria, fungi, yeast and molds, are part of our environment. Where there is food, there are bacteria.



ACTIVITY:

Bacteria Multiplies!

How would this affect your family?



ACTIVITY: Hand Washing

CLEAN



WASH YOUR HANDS



ALWAYS wash your hands with warm running water and soap for at least 20 seconds:

- before and after touching or eating food
- after using the bathroom
- after changing diapers
- after playing with pets
- after sneezing, coughing, or blowing your nose



CLEAN SURFACES



ALWAYS wash surfaces in hot soapy water after they come into contact with food.



ALWAYS wash your cutting boards, dishes, and utensils with hot soapy water after making each food item.

Use clean towels, pot holders, cloths and sponges. Wash them often.

FRUIT & VEGGIE HANDLING



See "Safe Produce: KEEP IT CLEAN" insert.

Rinse all fruits and vegetables under running tap water.

- * SEPARATE the leaves and sections.
- * LOOK and inspect for slugs and other debris.
- * RINSE with clean potable (drinkable) water.
- * LOOK again. Recheck for what you may have missed.



Never use soap or bleach to clean fresh fruits or vegetables.

SANITIZING SOLUTION

- 1 Mix one tablespoon of bleach with a gallon of water.
- 2 Sanitize countertops and cutting boards for two minutes.
- 3 Store solution, tightly covered for up to one week.

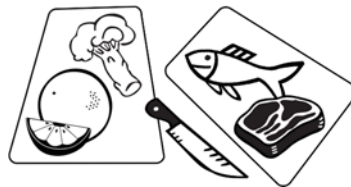
SEPARATE

SHOP

Keep raw meat, poultry, seafood, and eggs away from other foods in your shopping cart and grocery bags.

MARINATE

Sauce that is used to marinate raw meat, poultry or seafood should NOT be re-used or poured over cooked food.



CUT

Use one cutting board for fresh produce and another one for raw meat, poultry and seafood. You may also prepare your fresh and ready-to-eat foods before you cut your raw meat, poultry or seafood.

STORE

To keep juices from raw meats from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or bags on the bottom shelf of the fridge.

COOKED

Never place cooked food on a plate that held raw meat, poultry, seafood or eggs.

COOK



TEMPERATURE

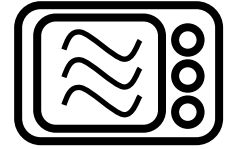


Completely cooking food kills the harmful bacteria that make people sick.



ALWAYS use a food thermometer and follow the "Internal Temperatures for Safe Cooking" chart below.

MICROWAVE



Look for a microwave-safe icon on the bottom of containers.

- For best results, cover food before microwaving.
- Stir and rotate during microwaving for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Make sure there are no cold spots in food.

KEEP HOT FOODS HOT

- Hot foods should be kept at 140°F or higher.
- Keep food hot with slow cookers, warming trays or on low heat on the stove.



LEFTOVERS

- Heat leftovers thoroughly to 165°F.
- Bring sauces, soups and gravies to a boil for at least one minute before serving.

INTERNAL TEMPERATURES FOR SAFE COOKING

Use a food thermometer to measure the internal temperatures of food.

Meat Product	Temperature
All cooked leftovers (reheated)	165°F
Poultry (whole bird)	165°F
Poultry (breast, thigh, wing)	165°F
Ground Poultry	165°F
Ground meat (beef, pork, veal, lamb)	160°F
Egg dishes	160°F
Fish	145°F
*Beef, Veal, or Lamb	145°F
*Pork or Ham	145°F

**Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145°F, then allow the meat to rest for 3 minutes before carving or eating.*

CHILL



BUYING

- When shopping, buy frozen, cold or perishable foods last.
- When traveling, store perishable food with ice or cold packs in a cooler.
- Take food straight home.



REFRIGERATOR

- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use most cooked leftovers within 3-4 days.
- Unsafe food does NOT always smell, taste or look bad.

DON'T WAIT, REFRIGERATE

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let leftovers sit at room temperature more than two hours or one hour when temperature is above 90°F.

DEFROSTING



NEVER thaw food at room temperature (on the kitchen counter or in the sink).

- Defrost food in the refrigerator. This is the safest method for all foods.
- For defrosting in the microwave, use the defrost or low setting.
- Thaw meat and poultry in airtight packaging in cold water if it will be used right away. Change the water every 30 minutes, so the food continues to thaw in cool water.
- Food thawed in cold water or in the microwave should be cooked right away.

KEEP COLD FOODS COLD

- Cold foods should be kept at 40°F or below.
- Keep all perishable foods chilled right up until serving time.
- Place containers of cold food on ice for serving to make sure they stay cold.

STEP 5

POWER OUTAGES



Is food in the refrigerator safe during/after a power outage?

- It should be safe as long as power is out no more than 4 hours. Keep the door closed as much as possible.
- Throw out any perishable food (such as meat, poultry, fish, eggs, and leftovers) that has been above 40°F for longer than two hours.
- A freezer will hold its temperature for 24-48 hours.
- NEVER taste food to see if it's safe to eat!

FOOD POISONING



Food poisoning (also known as foodborne illness or foodborne disease) is any illness that results from eating contaminated food.

- Usually caused by harmful bacteria and viruses like E.Coli and Salmonella
- Symptoms include nausea, vomiting, diarrhea, fever, headache, and stomach cramps and may start within hours or even weeks after eating contaminated food.
- Sickness may last 1-10 days. For some, the effects can be deadly.

FOOD PRODUCT DATING

Are Dates for Food Safety or Quality?

- Food companies provide dating to help sellers and buyers decide when food is of best quality. Dates are not a sign of the product's safety. Dates are also not required by Federal law, except with infant formula.
- Perishable products may not taste as good after the date passes. However, such products should still be safe if handled properly. Evaluate the quality of the food to decide if it shows signs of being spoiled before eating it.

Examples of commonly used phrases:

- A **"Best if Used By/Before"** indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- A **"Sell-By"** date tells the store how long to keep the product for sale. It is not a safety date.
- A **"Use-By"** date is the last date recommended for the use of the product while at peak quality.

If a product does not have a date on it, write the purchase date on it before you refrigerate or freeze it. Food product dating can help us know how long a product will be at it's best quality, but all foods should still be handled, stored, and prepared safely so people don't get sick.



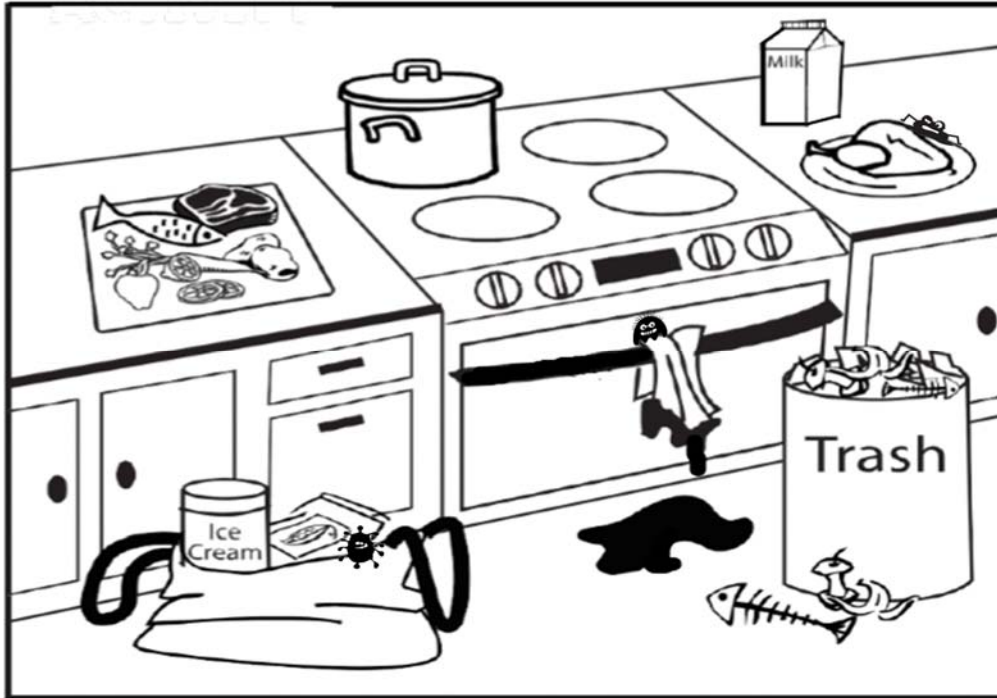
Throw away food waste in a covered garbage can with a liner, and empty the garbage can at the end of the day (or sooner if full).





ACTIVITY: Unsafe Food Practices

Study the picture below. Think about the information you learned about keeping food safe.



Directions:

- Circle 6 unsafe food practices.
- Although you can't see all the bacteria that is hiding, circle 3 of them found in the picture.
- What would you do to make this situation better?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



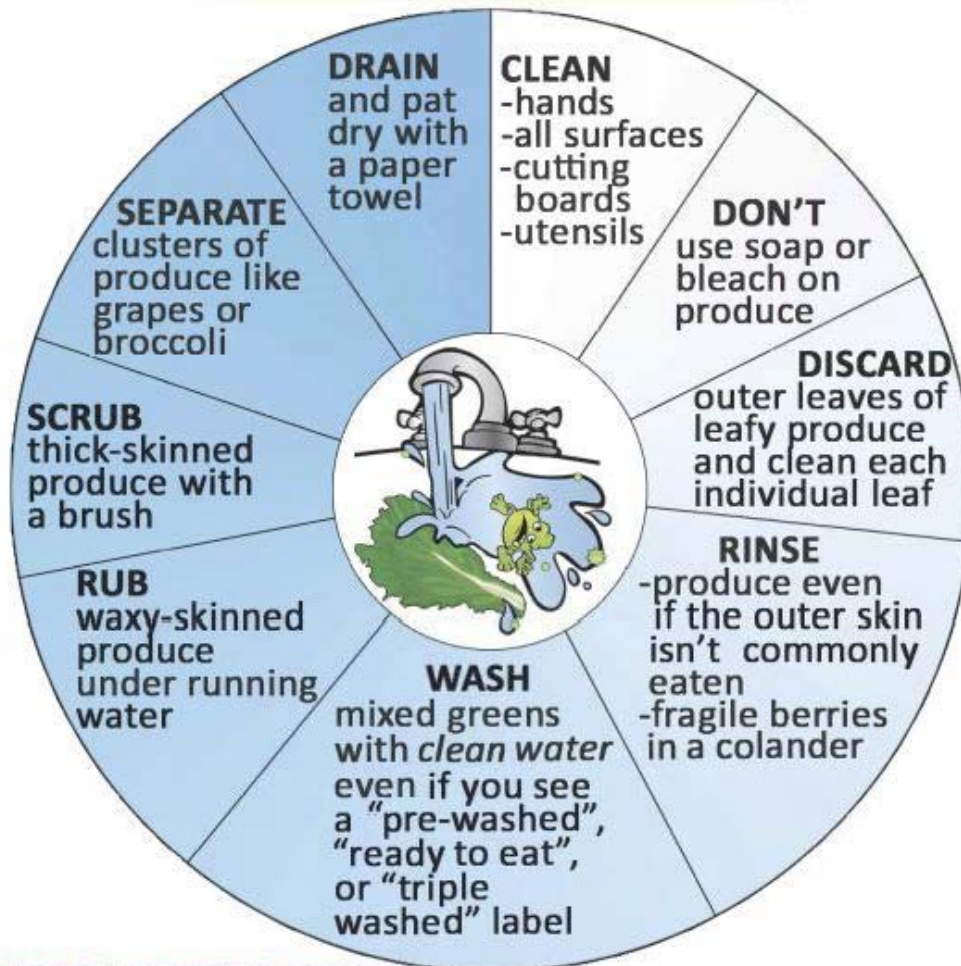
Goal Setting

I (who) **will** _____ (what)

by _____ (how) **before the next class session** (when).



Safe Produce: KEEP IT CLEAN



FOR VOLCANIC EMISSIONS:

- **Rinse** fruits and vegetables grown in vog affected areas before eating to remove dirt and ash.
- **Discard** soft, leafy produce without a skin if exposed to volcanic glass or "Pele's Hair". Volcanic glass can break and become embedded in produce. Cooking will **not** remove volcanic glass.

Rinse all produce thoroughly before eating!

www.ctahr.hawaii.edu/foodsafety-ces/



COOPERATIVE EXTENSION
UNIVERSITY OF HAWAII AT MANOA
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES



If you have a smart phone or digital tablet, scan this QR code to view a short video on "Safe Produce: KEEP IT CLEAN".

