

# Safety Point: Food Safety



# Cooking your own food can be fun.

- Cooking can be fun and the food that you cook can taste good to eat.
- But, certain foods can have bacteria and other germs growing on them.



# Food that is not handled in the right way can make you sick.

- If food is not handled or cooked in the right way, germs can grow out of control and make you sick when they get into your body.
- When you get sick from the food that you eat you have what is called a “food-borne illness.”

# Anyone can develop a food-borne illness



- Some people have a greater risk of getting sick from food that has not been prepared in a safe way:



- Young children
- Pregnant women
- Older people
- People with some types of health conditions



# A food-borne illness can make you feel very sick.

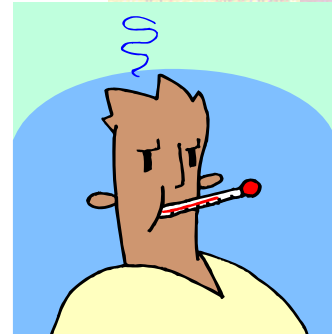
- You may experience:

- Diarrhea
- Upset stomach
- Vomiting
- Stomach cramps
- Fever



# Food-borne illnesses can be serious.

- Even if you are not sure what is making you sick, you should tell your doctor right away.
- You should also call your doctor if:
  - You have a fever above 101.5 degrees
  - You see blood in the toilet
  - You have a dry mouth and throat or feel dizzy when you stand up



# If you have diarrhea, make sure to drink a lot of liquids.

- Diarrhea can cause your body to lose a lot of water.
- If you have diarrhea, it is important that you drink plenty of water or juice.
- This will help to protect you from getting even sicker.



# Food-borne illness is preventable!



- You can prevent food-borne illness by learning about the correct way to handle food.
- You can also remind other people who prepare food for you about the correct way to handle food.
- You should follow these rules when you prepare your own food.



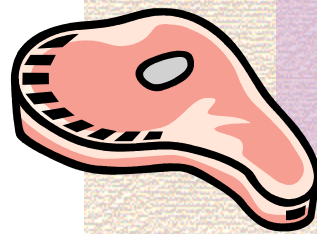
# Wash your hands and cooking areas often.

- Wash your hands with hot, soapy water before you start cooking and after preparing each food item.
- Also wash cutting boards, utensils, and counter tops after preparing each food item and before going on to the next.



# Keep raw meat and seafood away from other foods.

- Separate these food items from other foods in your shopping cart and in your refrigerator.
- Do not reuse the same cutting board for raw meats and other foods.
- Wash your hands after you touch raw meat.
- Never place cooked food on a plate where raw meat was sitting.



# Cook meat and eggs thoroughly.

- Cooking meat and eggs thoroughly will kill bacteria and other germs that could make you sick.
- Cook meat until it is no longer pink.
- Never eat raw eggs.
  - This includes not eating cake or cookie batter made with raw eggs.



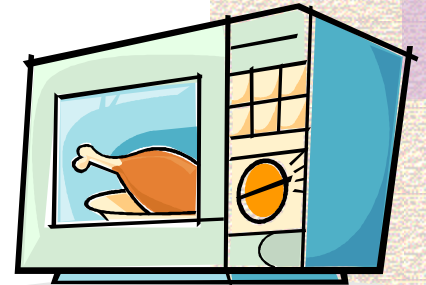
# Put leftovers in the refrigerator or freezer quickly.

- If you have food that you want to save for later, do not leave it out for more than two hours.
- Food that needs to be refrigerated should always be taken directly home from the grocery store.



# Prepare meats, fruits, and vegetables safely.

- Wash fruits and vegetables under running water to remove all dirt.
- Frozen raw meat should not be thawed by leaving it out on the counter.
  - Thaw your raw meat by putting it in the refrigerator or thawing it in the microwave.



# Never eat food that you think may be spoiled.

- If you think that food may be spoiled, throw it away!
  - You should eat refrigerated leftovers within three to four days.
  - Do not test the food by tasting it.
- Never eat canned food if the can is bulging or looks like it has a leak in it.



# For more information on food safety and food-borne illnesses check out these websites.



- North Carolina Department of Agriculture
  - <http://www.ncagr.gov/CYBER/kidswrld/foodsafe/index.htm>
- Iowa State University
  - <http://www.extension.iastate.edu/foodsafety/Lesson/lessons.html>
- Web MD
  - <http://www.webmd.com/food-recipes/food-safety-directory>

# This tip sheet can remind you about how to prepare food safely!

- You can print out this tip sheet and put it in your kitchen to remind you about how to prepare food safely.

<http://www.ddssafety.net/safety/food-safety/food-safety-tip-sheet>

