

# Food Follies

and the friends who make them



A personal look at Food Safety

# Questions and Motives

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- Brief survey and explain what brought you here.
- List what you are hoping we will cover today.
- Give “best educated guess” on questions you are unsure of.

# Hands On Seminar

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Steps to safely turn this:



Into a healthy meal:



# Good Reason to be Alarmed

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76 Million Ill

323,000 Hospitalized

5,200 Deaths

Raw Chicken Health Risks- CBS News

<http://www.cbsnews.com/video/watch/?id=228437n>

# The Five “C”s of Cooking

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- ◉ Choosing Food
- ◉ Cross Contamination
- ◉ Cleaning – Hands and Work space
- ◉ Cooking Food
- ◉ Chilling and Storage

# Choosing Food

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- ◉ Look for “Use by” date for quality
- ◉ Look for well wrapped items
- ◉ Bag raw meats separately



# Avoid **C**ross Contamination

From the store



In the work area



In the fridge



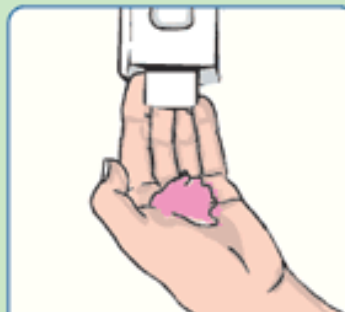
(Note the meat **ABOVE**  
the vegetables! )

# Cleaning Hands

## FIGHT GERMS BY WASHING YOUR HANDS!



**1** Wet your hands



**2** Soap



**3** Lather and scrub - 20 sec



**4** Rinse - 10 sec



**5** Turn off tap



**6** Dry your hands

### DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands



What about hand sanitizer?



# Interruptions During Food Prep

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- Phone rings
- Friend at the door
- Studying while cooking
- After the bathroom
- Petting an animal

## OTHER TIMES:

- Before starting
- Raw eggs
- Handling garbage

# Where to Begin?

- ◉ “Mise en place” = everything in it’s place
- ◉ Read through the recipe
- ◉ Cutting board, knives, pans, measuring tools, herbs and spices, oil
- ◉ No need to rinse, blot with paper towel

<http://www.rachelrayshow.com/show/segments/view/q-ray-should-you-rinse-packaged-chicken/>



# Cleaning up the Work Area

1. Pick up debris and wipe up liquid with paper towel.
2. Spray all items used:
  - counters
  - cutting board
  - knives (handle too!)
  - sink
  - faucet handle
  - soap dispenser
3. Allow product to stand for time stated on label. (If 30 sec, sing “Happy Birthday” when you start spraying)
4. Wipe with clean paper towel or air dry.



# What's the Difference?

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- **Cleaning** – Removing dirt and soil with soap and water.
- **Sanitizing** – Removing certain bacteria so that the number of germs is reduced to such a level that the spread of disease is unlikely.

# Cooking Food

- Chicken

165° (74C)

- Ground Beef

160° (71C)

- Beef Steaks

145°-160°? (63-71C)

- Pork Chops

160° (71C)

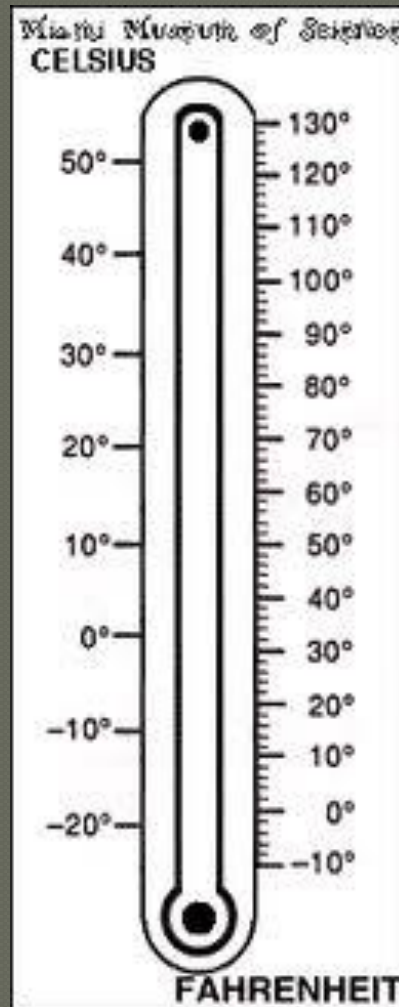


Hot or Cold, No Lukewarm



# The Trouble with Temperature

- Bacteria can grow rapidly when left at “Room temp” - when cooked food temp drops below 135 ° or chilled food temp rises above 41 °.



Temperature above 150° (65.5) kills bacteria

“Danger Zone”  
Temperature between 135°-41° (57-5C) bacteria can grow

Temperature below 41° (5C) bacteria are dormant, but not dead



# Temperature Tips

1. Having a party? Use ice trays and crock pots to keep food at correct temperature.



2. Shop with a cooler on hot days

3. Thawing – fridge, microwave or cool water, NO Counters!

4. Put leftovers away quickly

5. Check fridge temp – 41° (5C) or colder

# Chilling and Storage

Meat should be kept at 41°  
(5C) or colder at all times!



Things to consider:

- ❑ Transporting from store, home
- ❑ Fridge Temp
  - doors VS interiors
  - dorm VS full size

# Leftovers

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Dinner and a movie?

Cool quickly

- Get it in the fridge fast! 1-2 hrs after cooked
- Divide large portions into smaller
- No hot foods into the fridge
- Freezing lasts longer!  
2 days VS (up to) 60 days

# Avoid the Enemies: Air and Moisture

## ○ Sloppy Wrapping



## ○ Containers

- Oversized
- “Recycled” food containers
- Seal up the smelly stuff!



# Track those leftovers!

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## Spoilage VS Food borne Illness

- Sniff test?
- Slimy luncheon meat
- Change of color

# What are the Food Follies?

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- ◉ Choosing Food
- ◉ Cooking Food
- ◉ Cleaning
- ◉ Chilling and Storage
- ◉ Cross Contamination

[http://www.flyonthewall.com/FlyBroadcast/FS  
A/BacteriaBiteBusiness/](http://www.flyonthewall.com/FlyBroadcast/FS<br/>A/BacteriaBiteBusiness/)



# Don't be Fooled by this Foul Fowl!

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This beautiful bird may make you sick if  
not handled with care!

Follow these rules to avoid food follies.