

10th Annual Guam Food Safety Education Month 2015

“A Decade of Fighting Bac!”

High School Food Safety Video Contest

FOOD SAFETY TIPS

Listed below are some of the food safety tips to help you develop your recipe for the contest.

- Be observant and look at the eating utensils on the table. They should not be exposed to any type of contamination. Eating utensils should be properly stored and protected when not in use.
- Dining tables should be clean and absent of any foul odor, greasy film, or food particles. Tables should be frequently cleaned and sanitized.
- Make sure that all food equipment is clean, maintained, and working properly.
- Germs can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Cross-contamination is how bacteria and other germs can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.
- All poultry, such as chicken and turkey, should reach a safe minimum internal temperature of 165°F, as measured with a food thermometer.
- Cook roasts and steaks to a minimum internal temperature of 145°F, as measured by a food thermometer.
- Cook ground beef to at least 155°F. Use a food thermometer to check the internal temperature of your burgers.
- Refrigerate meat, poultry, eggs and other perishables to 41°F or below as soon as you get them home from the store because cold temperatures slow the growth of harmful bacteria. By having a thermometer in the refrigerator you can ensure adequate temperature is maintained.
- Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer.
- There are three safe ways to defrost food: in the refrigerator, in or under cold running water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- When buying food make sure it is from an approved source, which is a facility that has received a Sanitary Permit from the Division of Environmental Health of the Department of Public Health and Social Services.

- To prevent cross-contamination, wrap or cover food before storing it, and store food only in containers intended for food.
- To properly wash your hands, use soap and clean, running hot water, scrub hands vigorously for at least 20 seconds, and then rinse thoroughly. Finally, dry your hands by using a clean paper towel.
- Wash your hands before and after handling food, changing tasks, when changing gloves, after using the bathroom, and handling pets.
- When barbecuing, do not put cooked food back in previously used marinade, as this will cause cross-contamination. If you want to re-use the marinade, you must boil it to kill any pathogens that may have been left behind by the raw meat and poultry.
- Most foods can be stored in the refrigerator for three to five days. If you are unsure how long your leftovers have been sitting in the refrigerator, don't take the risk. When in doubt, throw it out!
- Consider using disposable paper towels in your home to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.
- Dispose garbage quickly and correctly to avoid contaminating food, equipment and utensils and to prevent attracting pests, like rats, flies, and cockroaches.
- When you are marinating your meat, make sure you are marinating in the refrigerator and not on the counter.
- When cooking in the microwave oven, stir or rotate food midway through the microwaving time to eliminate cold spots where harmful bacteria can survive, and for more even cooking.
- Keep meat, poultry, seafood, and eggs separate from all other foods in the fridge. Bacteria can spread inside your fridge if the juices of raw meat, poultry, seafood, and eggs drip onto ready-to-eat foods. Place raw meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping or leaking onto other foods. If you're not planning to use these foods within a few days, freeze them instead. Keep eggs in their original carton and store them in the main compartment of the refrigerator - not in the door shelf.
- Keep food hot after cooking (at 140 °F or above). Use a thermometer to make sure your food is hot enough. The possibility of bacterial growth actually increases as food cools after cooking because the drop in temperature allows bacteria to thrive. But you can keep your food above the safe temperature of 140°F by using a heat source like a chafing dish, warming tray, or slow cooker.