

# Food Safety For Your Kitchen

If you have any questions,

please contact the

Island County

Health Department

Food Program at

(360)240-5564

(from South Whidbey

321-5111 ext 5564;

from Camano Island

629-4522 ext 5564)

or stop by our office at

1791 NE 1st Ave.

Oak Harbor, WA

Brochure material revised and/or replicated from:

- ◆ Clallam County Environmental Health Division
- ◆ Center for Disease Control
- ◆ Tacoma-Pierce County
- ◆ Food and Community Safety
- ◆ King County Food Safety

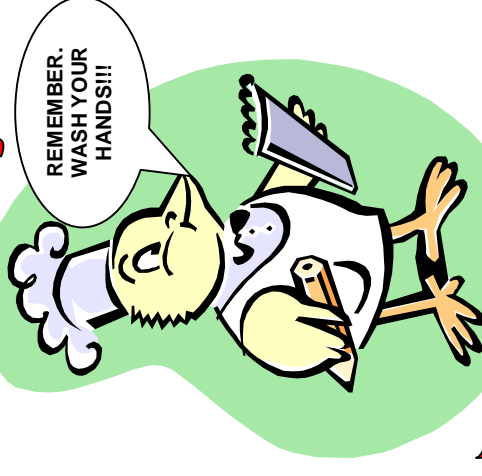
## Can YOUR Kitchen Pass the Food Safety Quiz???

????????????????

Choose the answer that best describes the practice in your household, whether or not you are the primary food handler.

1. The temperature of the refrigerator in my home is:
  - a. 50 degrees F
  - b. 41 degrees F
  - c. I don't know; I've never measured it
2. The last time we had leftover cooked stew or other food with meat, chicken or fish, the food was:
  - a. Cooled to room temperature, then put in the refrigerator
  - b. Put in the refrigerator immediately after the food was served
  - c. Left at room temperature overnight or longer
3. If a cutting board is used to cut raw meat, poultry or fish and it is going to be used to chop another food, the board is:
  - a. Reused as is
  - b. Wiped with a damp cloth
  - c. Washed with soap and hot water and sanitized with a mild chlorine bleach solution (1tsp bleach to 1 gallon of water)
4. The last time we had hamburgers in my home, I ate mine:
  - a. Rare
  - b. Medium
  - c. Well-done
5. The last time there was cookie dough in my home, the dough was:
  - a. Made with raw eggs, and I sampled some of it
  - b. Store-bought, and I sampled some of it
  - c. Not sampled until baked
  - d. Made with pasteurized egg and I sampled some of it

## Food Safety



REMEMBER:  
WASH YOUR  
HANDS!!!

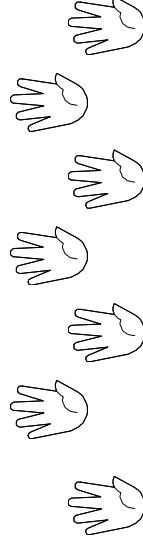
## In Your Home

Brought to you by the:

Island County

Health Department

Food Program

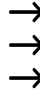


Food safety in your home kitchen is just as important as food safety in restaurant kitchens. In fact, as much as 60% of foodborne illness may be from home kitchens.



6. I clean my kitchen counters and other surfaces that come in contact with food with:
  - a. Water
  - b. Hot water and soap
  - c. Hot water and soap, then bleach solution
  - d. Hot water and soap, then commercial sanitizing agent
7. When dishes are washed in my home, they are:
  - a. Cleaned by an automatic dishwasher and then air-dried
  - b. Left to soak in the sink for several hours and then washed with soap in the same water
  - c. Washed right away with hot water and soap in the sink and then air-dried
  - d. Washed right away with hot water and soap in the sink and immediately towel-dried
8. The last time I handled raw meat, poultry or fish, I cleaned my hands afterwards by:
  - a. Wiping them on a towel
  - b. Rinsing them under hot, cold or warm tap water
  - c. Washing with soap and warm water
9. Meat, poultry and fish products are defrosted in my home by:
  - a. Setting them on the counter or in the sink
  - b. Placing them in the refrigerator
  - c. Microwaving, just before the cooking process

### ANSWERS BELOW



### Rating Your Home Food Practices

- 18 points:** Feel confident about the safety of foods served in your home.
- 10 to 16 points:** Re-examine food safety practices in your home. Some key rules are being violated.
- 8 points or below:** Take steps immediately to correct food handling, storage and cooking techniques used in your home. Current practices are putting you and other members of your household in danger of foodborne illness.
- Answers (2 pts each):** 1-b, 2-b, 3-c, 4-c, 5-c or d, 6-c, 7-a or c, 8-c, 9-b or c.