

Some types of foods are more likely than others to grow germs that can make us sick. Bacteria can grow easily at room temperatures in these foods. Foods that are moist and contain protein are the most potentially hazardous. These include:  
 Meat . ♦ . Poultry . ♦ . Dairy . ♦ . Eggs  
 Cooked Rice . ♦ . Cooked Beans . ♦ . Tofu.  
 Cooked Potatoes . ♦ . Cut Melons . ♦  
 \*Unpasteurized Juices are also a Risk\*

### About Cross-Contamination

Foods including safely cooked, ready-to-eat foods, can become cross contaminated with bacteria or viruses. These can become transferred from raw products, meat juices, peoples' hands or other contaminated products.

### Disinfect Your Kitchen!

Disinfecting your kitchen in between handling raw food and cooked food is one way to reduce the risk of cross-contamination. This can be done by using a sanitizer solution consisting of 1 teaspoon of bleach to 1 gallon of cool water or by buying a kitchen safe sanitizer product.

## General Foodborne Infection Information

Approximately 250 pathogens causing foodborne illness have been identified. Symptoms vary widely depending on which diseases are present. Diarrhea and vomiting are the most common symptoms of foodborne illness.

There are many different bacteria that cause foodborne illness. Some of these are: *Campylobacter*, *Salmonella* and *E.coli O157:H7*. Viruses such as Norwalk and Hepatitis, parasites such as Giardia and Cyclospora and natural and man-made chemicals contribute to foodborne illness as well.

### Did You Know ???

Every year in the United States there are an estimated:

- ♦ 76,000,000 cases of gastrointestinal illness
- ♦ 325,000 hospitalizations
- ♦ 5,000 deaths

.....all related to foodborne illness

Under ideal conditions, bacteria can double every 10-30 minutes. If there is only 1 bacterium left on your countertop or cutting board, it could multiply to 16,777,216 bacteria with 8 hours!! YUCK!!

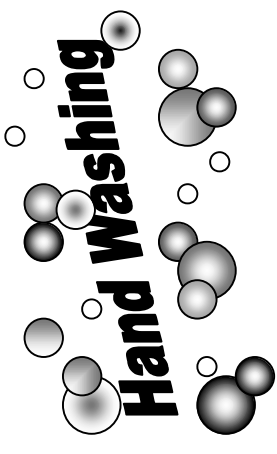
## Tips To Reduce The Growth Of Harmful Bacteria In Your Kitchen

- Keep raw meat separate from ready-to-eat foods.
- Wash hands, counters and utensils with hot soapy water after they touch raw meat.
- Sanitize surfaces with a bleach solution of 1 teaspoon bleach to 1 gallon of water (room temperature) or with a kitchen safe sanitizer product.
- Never place cooked or ready-to-eat foods on an un-sanitized surface.

Cleaning and sanitizing is only the first step to ensure a safe kitchen. Here are four more precautions you can take to keep you and your family safe from foodborne illness:

### REMEMBER

1. Wash your hands!!
2. Keep foods safe from cross-contamination.
3. Cool and reheat all foods properly.
4. Cook all foods to the proper temperature.



It is estimated that 1 out of 3 people do not wash their hands after using the restroom. So, these tips are also important when you are out in public:

### Handwashing 101



First WET your hands with warm water and apply liquid or clean bar SOAP.

Next SCRUB your hands vigorously together and scrub all surfaces, paying special attention to your fingernails where germs can hide. Continue for about 20 seconds. The soap, combined with the scrubbing action, helps dislodge and remove germs.

RINSE well with warm water and DRY your hands with a paper towel. Use the paper towel to turn the water off. Throw away the paper towel.

