

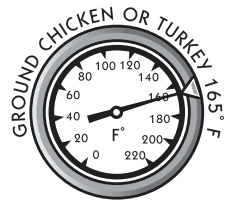
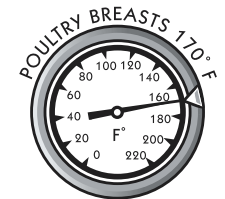
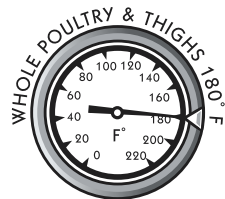
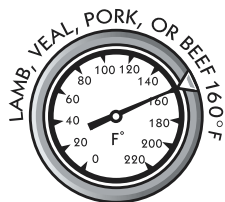
# Preventing Foodborne Illnesses

A foodborne illness is any disease caused by contaminated food or drink. Foodborne diseases cause millions of illnesses and thousands of deaths each year in the United States. There are more than 250 different foodborne diseases. Some of the most common include:

✓ salmonella ✓ E. coli ✓ campylobacter jejuni ✓ hepatitis A

## Safe Cooking Temperatures

These foods should be brought to the following internal temperatures when cooking.



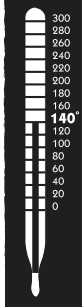
## Causes

The majority of foodborne diseases are caused by raw or undercooked foods that are animal products:

- ✓ meat
- ✓ milk
- ✓ eggs
- ✓ cheese
- ✓ fish
- ✓ shellfish
- ✓ poultry

## Keep HOT Food at 140° (or above)



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## Keep Cold Food at 40° (or below)

## You Can Help Prevent Illness

Since most foodborne illness outbreaks start in food service operations, there's a lot you can do to help prevent these diseases.

- ◆ Avoid touching food that is about to be served with bare hands—use utensils or wear gloves.
- ◆ Wash your hands after handling raw food. Hand washing is the most important way to prevent the spread of infection.
- ◆ Avoid using the same kitchen utensils or countertops for different foods.
- ◆ Wash, rinse and sanitize food preparation areas and tools such as cutting boards and knives immediately after handling raw meat, raw poultry, raw seafood or raw eggs to prevent contamination of any other food.
- ◆ Cook meat for the length of time required to bring it to the proper internal temperature.
- ◆ Make sure that food from animal sources (meat, dairy, eggs) is thoroughly cooked or pasteurized.
- ◆ Keep juices or drippings from raw meat, poultry, shellfish or eggs from contaminating other foods.
- ◆ Avoid leaving food at temperatures that allow bacteria to grow.
- ◆ Rapidly cool foods to 40° or below.