



## General Food Safety

An estimated 48 million people in the United States get sick each year with foodborne illness. Some people - young, old, pregnant and immunocompromised - are more likely than others to get sick from food. According to the Centers for Disease Control and Prevention, there are five major factors that contribute to foodborne illnesses, which can be largely prevented by following best practices.

### Big Five Factors Contributing to Foodborne Illness

1. Food purchased from unsafe sources
2. Failure to cook food to correct temperature
3. Improper holding temperature
4. Contaminated equipment
5. Poor personal hygiene

### Preventing Cross-Contamination

Cross-contamination is the transfer of a harmful substance from one food item to another, usually from raw to cooked or ready-to-eat food. Cross-contamination can occur by anything food is in contact with such as hands, prep tables, utensils or cutting boards.

### Sourcing Food

Food should come from a regulated source. Homes are not regulated. Purchase and/or obtain food from:

- Supermarkets and other commercial grocers
- Farms and regulated farmers' markets
- Restaurants and licensed caterers
- Certified home food business owners

### Cooking and Holding

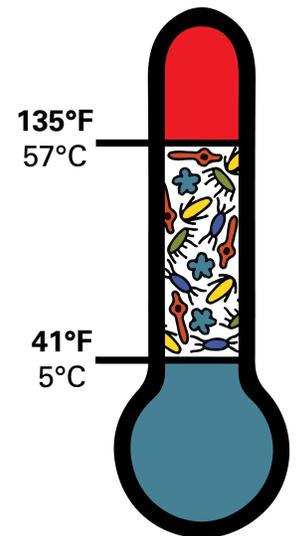
Measuring time and temperature is the only reliable way of knowing food has been cooked to destroy pathogens. Proper holding temperatures prevent the growth of pathogens that cause illness.

- Follow recommend times and temperatures for animal foods
- Use a calibrated digital tip thermometer to monitor cook temperatures
- Measure temperature at the thickest spot and stir liquid based foods before checking temperature
- Minimize time in the temperature danger zone, above 41°F to below 135°F

### Personal Hygiene

Some pathogens that cause foodborne illness can be spread by people handling food

- Follow good handwashing practices
- Avoid bare hand contact of ready-to-eat foods by wearing gloves, using utensils or paper when serving these foods
- Wear clean clothes and aprons
- Refrain from preparing or serving food when sick



**Temperature Danger Zone**

