



FOOD SAFETY UPDATE

Food Safety in the Kitchen

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The new year is here and that means time for New Year's Resolutions. For your health and the health of your friends and family, now is the time to commit to following the food safety guidelines and making sure your kitchen is a safe place to prepare, store and serve food.

Spend a few minutes taking the following **Kitchen Quiz** to see if you are already on the right track or if it's time to start new practices.



Kitchen Quiz

- Hands should be rinsed in water for at least five seconds before preparing foods and after handling raw meats.
 - True
 - False
- One way to prevent cross-contamination is to use two cutting boards - one only for raw meats, poultry and seafood and another for ready-to-eat foods.
 - True
 - False
- After cutting meat on a cutting board, the best way to clean a cutting board is to _____.
 - Wipe off with a clean sponge
 - Wash in hot water with soap
 - Wash in hot water with soap, then sanitize the board in chlorine bleach solution and then lastly rinse with clean water.
 - All of the above are acceptable
- A meat/cooking thermometer is the only reliable way to check the doneness of meats, poultry, egg dishes and leftovers.
 - True
 - False
- Leftover foods should be reheated to ____ F.
 - 140° F
 - 150° F
 - 165° F
 - Doesn't matter

Kitchen Quiz (continued)

6. Meat, fish and poultry should be defrosted _____.
- On the counter
 - In the refrigerator
 - In the microwave
 - In the refrigerator or in the microwave

7. The proper temperature for a home refrigerator should be below 40° F.
- True
 - False



8. The American Dietetic Association suggests four simple actions to take control of food safety in your kitchen. Which tip is most important?
- Wash hands often
 - Keep raw meats and ready-to-eat foods separate
 - Cook to proper temperatures
 - Refrigerate promptly below 40° F
 - All of the above

Answers to Kitchen Quiz

- False.** Hands should be washed often in warm, soapy water throughout meal preparation—especially after handling raw meats and eggs. Wash for at least 20 seconds (sing two choruses of “Happy Birthday”) to help prevent the spread of bacteria. Proper hand washing could eliminate nearly half of all cases of foodborne illness.
- True.** Using two cutting boards helps reduce your risk of cross-contamination by preventing the spread of harmful bacteria. Cross-contamination occurs when juices from raw meats or germs from unclean objects accidentally touch cooked or ready-to-eat foods, such as fruits or salads.
- (C) Wash in hot water with soap, then sanitize the board in chlorine bleach solution and then lastly rinse with clear water.** To make your own bleach solution, dilute two to three teaspoons of chlorine bleach in one quart of water.
- True.** Harmful bacteria are destroyed when food is cooked to proper internal temperatures. A meat/cooking thermometer is the only reliable way to ensure safety and determine the doneness of food.
- (C) 165° F.**
- (D) In the refrigerator or in the microwave.** It is safe to defrost food in both. If you defrost in the refrigerator, remember to cover raw meat and place it on the bottom shelf so raw juices don't drip onto other foods. If using the microwave, meat must be cooked immediately.
- True.** Make sure your refrigerator is set below 40°F. This slows the growth of bacteria and prevents foodborne illness.
- (E) All of the above.** All four tips are equally important to take control of home food safety.

**Bacteria like
warm
temperatures.**