

Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

PREVENTING FOOD POISONING

Every year in the United States there are 76 million cases of foodborne illness. Of those cases, 325,000 people are hospitalized and 5,000 people die. Preventing food borne illness is simple and easy to do.

Make sure you are practicing food safety in the kitchen by following some tips and tricks from the Food Safety and Inspection Service of the U.S. Department of Agriculture:

- The food preparation area, utensils, serving dishes and your hands should be cleaned before and after food handling.
- Wash hands with soap and warm water for 20 seconds before and after handling food.
- Cook foods thoroughly and to safe temperatures. Serve in small, shallow containers.
- Replace empty platters, rather than adding fresh food to a platter that has already had food on it.
- Reheat food to 165 F.
- Keep cold foods on a bed of ice while serving.
- After the meal, refrigerate the foods as soon as possible.
- Hot food should be held at 140 F or higher and cold foods should be held at 40 F.
- Chill leftovers and takeout foods within two hours, and divide food into shallow containers for rapid cooling.
- Thaw meat, poultry, and seafood in the fridge, not on the counter, and don't overstuff the fridge.
- Bring sauces, soups, and gravies to a rolling boil when reheating.
- Stir, rotate the dish, and cover food when microwaving to prevent cold spots where bacteria can survive.
- Use a food thermometer— you can't tell food is cooked safely by how it looks.
- Use one cutting board for raw meat, poultry, and seafood and another for salads and ready-to-eat food.
- Keep raw meat, poultry, and seafood and their juices apart from other food items in your grocery cart.