



RECREATIONAL, ATHLETIC AND HOME SAFETY AUGUST 2011



SUMMER TIME FOOD SAFETY TIPS

Food safety starts from the purchase to the preparation, cooking and serving of summer treats and other delicious dishes. Here are some helpful tips to keep your Summer picnic safe, so you can enjoy the company of your family and guests.

Preparing Food Safely

- Wash your hands with soap and water.
- Make sure working areas and surfaces, utensils and plates are also clean.
- Use separate cutting or chopping boards for meats and for fruits/vegetables. Avoid putting cooked food on cutting boards that have touched raw food.
- Avoid wiping your hands that have touched raw food with dish towels.
- Keep raw food away from vegetables and side dishes that will not be cooked.

Before using leftover food

Check the temperature of the food to make sure that it was refrigerated at or below 40 ° F. One out of four home refrigerators are too warm. Keep your refrigerator at 36-38° F so the food is held at 40 ° F or below. Don't pack the refrigerator--cool air must circulate to keep food safe.

Before reheating leftovers

Determine that they are safe to eat. Were the leftovers refrigerated within 2 hours of cooking? If not, throw them out. Were the leftovers cooled properly, i.e. turkey and ham sliced into smaller portions and other leftovers cooled quickly in shallow pans less than two inches deep? How long have they been in the refrigerator? Here's a list of how common leftovers and recommended refrigerator storage times:

- soups and stews: three to four days
- gravy and meat broth: one to two days
- cooked turkey, meat and meat dishes: 3-4 days
- cooked poultry dishes: three to four days
- casseroles: one to two days
- luncheon meats: three to five days
- pasta and potato salads: two to three days

Serving Food Safely

- Keep cold foods cold and hot foods hot.
- Keep the any cold dessert in the refrigerator at 40° F
- Use clean serving spoons for each dish.
- Wash hands with soap and water before handling food or eating.



Storing Leftovers Safely

- Store left-over food within two hours after serving.
- Use several shallow storage containers to store left-over food.
- Store in the refrigerator if eating left-over food within 3 days. Label and date.
- Keep in the freezer for longer storage time. Label and date.

Most Common FoodBorne Diseases

Salmonella is a bacterium that is widespread in the intestines of birds, reptiles and mammals. It can spread to humans via a variety of different foods of animal origin.

E. Coli is a bacterial pathogen that has a reservoir in cattle and other similar animals. Human illness typically follows consumption of food or water that has been contaminated with microscopic amounts of cow feces.

Campylobacter is a bacterial pathogen that causes fever, diarrhea, and abdominal cramps. It is the most commonly identified bacterial cause of diarrheal illness in the world. These bacteria live in the intestines of healthy birds, and most raw poultry meat has *Campylobacter* on it. Eating undercooked chicken, or other food that has been contaminated with juices dripping from raw chicken is the most frequent source of this infection.

CFAY Safety Office:

Front Desk 243-5519 NAVOSH 243-5523
Traffic Safety 243-7354 Licensing 243-5647
Recreation and Home Safety 243-7095
Email: safety@cfay.navy.mil