Food Safety

What is food safety?

Practicing food safety can be simple if you know the rules. First, let’s learn the difference between food safety and sanitation.

Food safety is the ability to keep foods safe during the entire process of handling foods, including purchasing, storing, preparing, serving, and handling food leftovers.

Sanitation on the other hand is the method of handling food in ways that are clean and healthy.

Do’s

- Wash hands often for at least 20 seconds with hot, soapy water.
- Keep cold foods cold (40 degrees or below) and hot foods hot (140 degrees or higher).
- Discard food when you are not sure how long it has been in the freezer or the fridge.
- Do not leave food out longer than 2 hours before or after it is cooked.
4 Food Safety Principles

Practicing basic food safety is important in preventing food borne illnesses. Things to do:

- **Clean/Wash**: Wash hands, counters, and utensils frequently to destroy bacteria.
- **Separate**: Separate foods to stop cross contamination that can spread bacteria from one food item to another.
- **Cook**: Cook foods long enough and at temperatures high enough to kill harmful bacteria.
- **Chill**: Chill foods in the refrigerator or freezer to stop bacteria from growing.

How do I practice food safety?

Practicing food safety can be simple if you know the rules. A food borne illness can affect anyone, but it is more harmful to young children, pregnant women, and the elderly. A food borne illness is caused by contaminated food. There are many things that can cause food to become contaminated, but there are some things that can be prevented inside the home.

One thing that can be done to avoid cross-contaminating food is to avoid mixing raw food or utensils with cooked food. Food can also be contaminated by handling foods with unclean hands, utensils, work areas, or by wearing unclean clothing. Raw and cooked foods should be handled with care from the time they are purchased in the grocery store, washed at home, separated, cooked, refrigerated, and later eaten again.