

AMY'S FOOD SAFETY SPOTLIGHT

November 2023



UPCOMING SERVSAFE® CLASSES

November 14th – Louisville

December 4th – Louisville

December 7th – Northern
KY

December 12th – Louisville

January 9th – Louisville

January 16th – Louisville

January 30th – Lexington

UPCOMING EVENTS:

KRA Day at the Races

Churchill Downs

Thursday, November 16th

visit kyra.org for registration

AMY'S FOOD SAFETY SCOOP

According to the CDC 48 million people get sick, 128,000 are hospitalized and 3000 die from a foodborne illness each year. 68% of foodborne illnesses occur in restaurants and delis while **32%** occur at **home**. To help avoid any foodborne illnesses at home, here are four simple steps to follow which can help protect you and your family from a foodborne illness.

CHECK YOUR STEPS: FOUR SIMPLE STEPS TO FOOD SAFETY



- **Clean: Wash your hands and surfaces often.**
 - Germs that cause food poisoning can survive in many places and spread around your kitchen.
 - Wash your hands for at least 20 seconds with soap and warm water before, during, and after preparing food and before eating.
 - Always wash hands after handling uncooked meat, chicken and other poultry, seafood, or eggs.
 - Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
 - Rinse fresh fruit and vegetables under running water.
- **Separate: Don't cross-contaminate**
 - Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat food unless you keep them separate.
 - When grocery shopping, keep raw meat, seafood and poultry away from other foods.



- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator. Store raw meat, poultry and seafood in sealed containers and store below ready-to-eat foods.
- Use one cutting board or plate for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that will not be cooked.
- Raw chicken is ready to cook and does not need to be rinsed first. Rinsing could spread germs to other foods, the sink and the counter causing contamination.

- **Cook to the correct internal temperature**

- Food is safely cooked when the internal temperature gets high enough to kill pathogens that can make you sick. The only true way to tell if food is safely cooked is to use a food thermometer to check the internal temperature. Use this guideline:
 - Poultry - 165°F <1 second
 - Ground meat - 155°F for 17 seconds
 - Seafood/steaks and chops - 145°F for 15 seconds
 - Food from plants - 135°F <1 second
 - Reheated foods/casseroles - 165° for 15 seconds
- Microwave food correctly – all TCS foods cooked in a microwave should reach 165°F. Let the food stand for 2 minutes then check the internal temperature.

- **Chill: Refrigerate promptly**

Bacteria can multiply rapidly if left at room temperature or in the “Temperature Danger Zone” 41°F - 135°F.

- Keep your refrigerator between 38°F-40°F and your freezer at 0°F or below. Keep your items organized in the FIFO (first in first out) method so the oldest items will be used first.
- Package warm or hot food in smaller, shallow containers so they will cool faster in the refrigerator.
- Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours. If the food is exposed to temperatures above 90°F, like a hot car or picnic refrigerate it within 1 hour.
- Thaw frozen food safely under refrigeration, in cold water or a microwave. Never thaw food at room temperature because bacteria multiply quickly in the parts of the food that thaw first. Keep in mind that food thawed in cold water or in a microwave needs to be cooked immediately.



**Registered ServSafe Proctor
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FOOD SAFETY FIRST!