

WASHING MEAT & POULTRY IS **NOT** RECOMMENDED MAY CAUSE CROSS-CONTAMINATION

Bacteria in raw meat and poultry juices can be spread to other foods, utensils, and surfaces, causing cross-contamination.

After handling raw meat and poultry, it is important to clean and sanitize these contaminated areas that can lead to foodborne illness.



TO PREVENT CROSS-CONTAMINATION:

- **Clean, sanitize, dry, and remove** dishes from sink prior to food preparation.
- Clean sinks and countertops with **hot soapy water** and then apply a commercial or homemade **sanitizer or disinfectant** whenever they come in contact with any raw meat, poultry, or their juices.
- Focus on the inner sink, countertops surrounding the sink, knives, cutting boards, and any place you set your meat, poultry, or its packaging.
- Make sure cleaning products are approved for food contact surfaces and follow the manufacturer's instructions for use.
- Wash hands immediately after handling raw meat and poultry.

PERSONAL HYGIENE



Wash your hands often and thoroughly; paying special attention to the area around and under your fingernails.

Wash your hands:

- Before engaging in food preparation.
- In between tasks and operations (e.g., from handling raw food to ready-to-eat food, and removing trash).
- After using the restroom.
- After touching a body part, hair, or clothes.
- After sneezing, coughing, or blowing your nose.
- Before and after eating or drinking.
- Whenever hands may become contaminated.

CONTACT US!

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A guide to FOOD SAFETY in your home kitchen

Tips to prevent food
contamination & foodborne
illness



COUNTY OF LOS ANGELES
Public Health

FOOD PREPARATION

DRY STORAGE

- Food items, utensils, and equipment shall be stored in areas protected from contamination.
- Open foods shall be stored in closed and labeled food grade containers.
- Chemicals/non-food items shall be stored separately and away from food items.

CROSS-CONTAMINATION

- Prevent cross contamination by following proper food preparation practices and ensuring ready to eat foods are kept separately from raw foods.

THAWING METHODS

- Directly cook frozen food without thawing.
- Submerge frozen food in cold running water at 70°F or cooler.
- Thaw frozen food inside refrigerator over night.
- Thaw frozen food in a microwave, followed immediately by cooking.

FOOD PREPARATION

- Food preparation should be performed in clean areas.
- Ensure all produce is washed in clean sinks.
- Food items are not to be left out for longer than two (2) hours.
- Preparation should be done in a timely manner so that bacteria does not have time to multiply quickly and cause illness.

PREPARING FRESH FRUITS & VEGETABLES

- Wash produce under running tap water. Fruits and vegetables with firm surfaces may be scrubbed with a brush.
- Washing produce with detergent, soap, or commercial produce wash is unnecessary and may cause illness.
- Cut away damaged or bruised areas due to bacteria that can cause illness.
- Immediately refrigerate cut fruits and vegetables for best quality and food safety.
- "Pre-washed" or "ready-to-eat" produce can be safely used without further washing.

COOKING & STORAGE

POTENTIALLY HAZARDOUS FOODS (PHF)

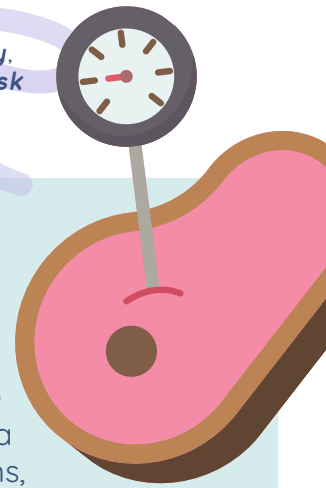
Foods that require time or temperature control to limit bacteria, fungi, viruses, protozoa, worms and toxic formation.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness; especially if you have a medical condition.

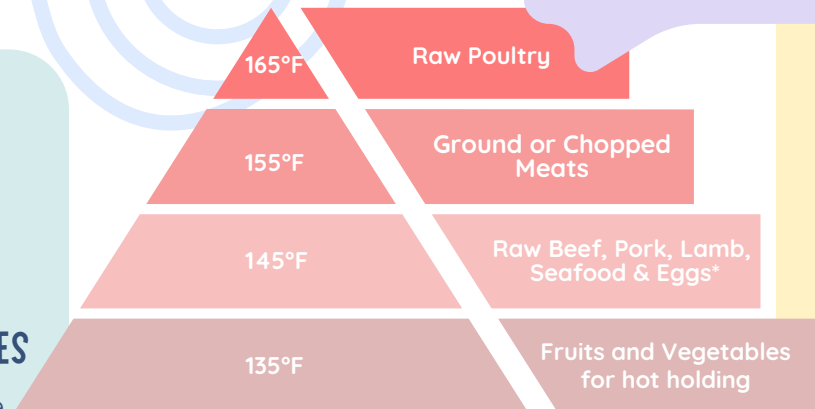
COOKING TEMPERATURE

Ensure that PHFs are thoroughly cooked to reduce risk of foodborne illnesses by verifying with a thermometer.

Using a food thermometer is the only sure way of knowing if your food has reached a high enough temperature to destroy germs, including foodborne illness-causing bacteria.



FOOD COOKING TEMPERATURES



COLD & HOT HELD

PHFs should be held at appropriate temperatures at all times:

Cold at 41°F or below. Hot at 135°F or above.

*Raw eggs and foods containing raw eggs must be heated to 155°F for 17 seconds if they are not prepared for immediate service.

REHEATING TEMPERATURES

PHFs that are cooked, cooled, & reheated for hot holding must reach a temperature of **165°F** within **two (2) hours**.

COOLING TEMPERATURES

PHFs that are cooked or heated must be cooled quickly by using any of the following approved methods:

- Placing the food in shallow pans.
- Separating the food into smaller or thinner portions.
- Using rapid cooling equipment.
- Using containers that facilitate heat transfer.
- Adding ice as an ingredient.
- Using ice paddles.
- Inserting appropriately designed containers in an ice bath and stirring frequently.

Food temperatures From **135°F to 70°F** within **two (2) hours**.
must cool: From **70°F to 41°F** within **four (4) hours**.