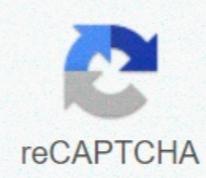




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When preparing meals and snacks for yourself, your family and your friends, it is important to follow simple food safety tips to prevent food-borne diseases also known as food poisoning. Whether you're a home cook, a professional chef or a recipe writer, there are some simple steps you can take to keep your food safe all the way from grocery to kitchen table. On this page: Remember that food safety starts in the grocery store. Check out these lists of DOs and DON'Ts to keep food safe from shopping cart to refrigerator. Food safe shopping, storage and meal preparation back to top treats and healthy recipes can make you at home Not sure what to cook? Try these recipes and follow the food safety tips on the way to a healthy and tasty meal at home! Recipe: Chicken and Mushroom Fricassee Fricasee de pollo con setas Recipe:Quinoa-Stuffed Tomato Tomates rellenos de quinua Recipe: Pumpkin Pie Tarta de calabaza Resources for Recipe Writer Write recipes for a blog, restaurant, cookbook, or just family and friends? Did you know that when recipes include food safety tips, people are more likely to follow these steps and cook their food safely? Check out these tips to make sure your recipes contain important food safety information and are healthy and tasty! Resources for Food Safety Educators Does your organization care about food safety? Would you like to help spread the word about making safe meals at home? Check out our streaming waiting room video below and our Food Safety Toolkit for resources to share food safety information on social media and on your website. Audio version Social Media Toolkit Right click on the image and then download it. Figure 1 Figure 2 Tweets for consumers: Learning to prepare food safe food can help prevent food-borne illnesses. Start putting them into practice to protect you and your family. [Use Picture One] Food Safety starts in your shopping cart! Keep your products separate from meat, poultry, seafood and eggs in your shopping cart and in your food bags. [Use Picture Two] DYK that if recipes contain #foodsafety tips, people are more likely to follow them and cook their food safely? If you are writing #recipes, use these tips to prevent the spread of #foodborneillness. #chef #recipe Do you like to create delicious recipes to share with others? Here are some tips on how to more healthy ingredients and food safety steps! back to Top Food can be unsafe for many reasons. It could be contaminated by germs – microbes such as bacteria, viruses or molds. These microbes may have been present before the food was harvested or collected, or they may have been introduced during handling or preparation. In both cases, the food looks good, but you could get very sick. Food can also be unsafe because it has gone badly. Sometimes you can use mould on the Avoid getting sick from your food For an elderly person, a food-borne illness can be life-threatening. As you get older, you have more problems fighting microbes. Health problems, such as diabetes or kidney disease, also make them more likely to get sick when you eat unsafe foods. So be careful how food is prepared and stored. Some foods pose a higher risk than others. Here are some tips for choosing lower-risk food options: Eat fish, shellfish, meat and poultry cooked at a safe minimum inside temperature instead of eating the food raw or undercooked. Drink pasteurized milk and juices instead of the unpasteurized versions. Make sure pasteurized eggs or egg products are used in recipes that require raw or undercooked eggs, such as homemade Caesar salad dressings, raw cookie dough or eggnog. Always wash vegetables before eating, including all salad ingredients. Cooked vegetables are also a lower-risk option than raw vegetables. Choose cooked sprouts instead of raw sprouts. Choose hard or processed cheese, cream cheese or mozzarella or cheese clearly labelled with Made of Pasteurized Milk instead of soft cheese made from unpasteurized (raw) milk, such as Brie, Camembert, blue-chedder or queso fresco. Heat hot dogs, delicacies and lunch meat to 165°F (steaming hot) instead of eating the meat unheated. Changing taste and smell As you get older, your taste and smell senses may change. Some diseases, such as COVID-19, or health conditions can change your senses of smell and taste. Certain medications can also make things taste different. If you can't rely on your sense of taste or smell to say that food is spoiled, be extra careful about how you handle your food. If something doesn't look, smell sit or taste, throw it out – don't take a chance with your health. Smart Storage Food Safety starts with the correct storage of your food. Sometimes this is as simple as the following instruction on the container. For example, if the label is cool after opening, do so! It is also a good idea to keep all canned and packaged items in a cool place. When you are ready to use a packaged food, check the date on the label. This bottle of juice might have been in your closet for so long that it is now obsolete. (See Reading food labels to understand the date on the food label.) Try using chilled leftovers within 3 or 4 days to reduce your risk of food poisoning. Throw away foods that are older these are or those that show moldy areas. For recommended refrigeration and freezing times for common foods, download our Storing Cold Food Tip Sheet (PDF, 75K). Food and medicines Some foods, but also caffeine and alcohol, are unsafe to take with certain medications. A food-medicine interaction can prevent a drug from acting as it should, aggravating a side effect of a drug, causing a new side effect or changing the way your body processes the food or drug. For example, some statins (cholesterol (cholesterol) have a different effect on the body if you consume large amounts of grape seed. Check the label for interactions each time you use a new medicine. If you have any questions, talk to your doctor or pharmacist. Food safety When cooking When preparing food, follow four basic steps – clean, separate, cook and cool. Clean your hands, cutting board and counter with hot, soapy water, and make knives and other utensils are clean before you start preparing food. Clean the lids of the cans before opening. Rinse fruit and vegetables under running water, but do not use soap or detergents. Don't rinse raw meat or poultry before cooking - you could contaminate other things by splashing disease-causing microbes around. Keep your fridge clean, especially the vegetable and meat containers. If there is a spill, use hot, soap-hot water to clean it. Separate Keep raw meat, poultry, seafood and eggs (and their juices and bowls) away from foods that are not cooked. It starts in your shopping cart – put raw vegetables and fruit in a part of the shopping cart, perhaps the top part. Products such as meat and fish should be placed in the plastic bags and placed in a separate part of the car. At check-out, make sure that raw meat and seafood are not mixed with other items in your bags. When you get home, keep things like raw meat separate from fresh fruit and vegetables (also in the fridge). Do not let the raw meat juices drip on to foods that are not cooked before they are eaten. When cooking, it is also important to keep ready-made foods such as fresh produce or bread apart from foods that are cooked. Use a different knife and cutting board for fresh products than you use for raw meat, poultry and seafood. Or use a set and cut all the fresh products before processing foods that are cooked. Wash your utensils and cutting board in hot, soapy water or the dishwasher, and then clean the counter and your hands afterwards. If you put raw meat, poultry or seafood on a plate, wash the plate in hot soapy water before reusing it for cooked food. Cooking Use a food thermometer. Place it in the thickest part of the food you cook to check that the inside has reached the correct temperature. The following table shows what the temperature inside the food should be before you stop cooking it. No more running fried eggs or hamburgers that are pink in the middle. Sauces, marinades, soups and sauce for cooking You may have always thought that you should let hot foods cool before putting them in the fridge. Right. Putting hot foods in the fridge as soon as possible can prevent bacteria from growing in your food. Divide food into smaller portions, place in shallow containers and cool. The spruce eats uses cookies to give you a great user experience. By using The Spruce Eats, you accept the use of cookies. The Food and Drug Administration (FDA) regulates and ensures food safety to avoid improper handling of foods that could spread bacteria cause illness. Foods that are not kept cool at the right temperatures can be contaminated. In addition, cross-contamination may occur if meat products are not treated properly. It is important to separate meat from other foods during the preparation process. After handling meat, the FDA recommends washing your hands with soap and warm water for 20 seconds. All utensils or knives used should be washed and rinsed completely before use on other foods. Food-borne disease outbreaks can occur in food factories due to inadequate food safety controls during the production process. These breakouts are usually due to faulty processing, packaging, warehousing, or distribution processes. Processes.

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