



# NATIONAL FOOD SAFETY EDUCATION MONTH

Dear Colleagues,

August, 2016

National Food Safety Education Month begins in September. Resources are available on-line from FDA: <http://www.fda.gov/downloads/Food/ResourcesForYou/UCM222258.pdf> or from the local FDA office: 510-337-6736. Please contact me if you would like an electronic resource list or free materials to promote food safety.

Other resources include: *Ask Karen* - [www.askkaren.gov](http://www.askkaren.gov), the FDA Food Information Line 1-888-SAFE-FOOD and the USDA Hotline -1-888-MPHotline. Please take the food safety quiz below to see how savvy you are on this topic. And remember:

**BE FOOD SAFE! CLEAN SEPARATE COOK & CHILL!**

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## True or False

**Cross-contamination does not occur in the refrigerator – it is too cold.**

## True or False

**Freezing will kill ready-to-cook food contaminated with bacteria.**

## True or False

**Microwaving will kill bacteria that might be present in ready-to-cook foods.**

## True or False

**Pasteurized egg products can be used in eggnog or Caesar dressing.**

**False** Some bacteria can live and even multiply in the refrigerator. Clean your refrigerator regularly with hot water and soap and sanitize monthly. Wrap or cover foods with plastic wrap or foil or put foods in plastic bags or clean covered containers before you place them in the refrigerator. Make certain foods do not leak juices onto other foods and clean up spills immediately.

**False** Many kinds of bacteria can live even at freezing temperatures. If a frozen food contains enough bacteria that survive freezing, the food can make you sick, if you don't cook it at temperatures high enough to kill the bacteria before you eat it. Follow the cooking instructions on the package to make sure that the food reaches hot enough temperatures all the way through, including in the middle.

**True...if you follow the package instructions.** If the directions say that a ready-to-cook food should be cooked – not just warmed up – by microwave, be sure to use the power level and amount of time specified. Follow the instructions to ensure that the temperature gets hot enough to cook the food all the way through to kill any bacteria that might have been present and eliminate the chance that the food will make you sick.

**True...but using raw, unpasteurized eggs can make you sick, because some might carry the bacterium *Salmonella* or other organisms. They should not be eaten raw in eggnog or any other food or drink. Pasteurized eggs or egg products have been treated to kill bacteria. Look on the product's packaging; it will tell you if the product has been pasteurized. Keep your refrigerated products refrigerated!**

**WARNING: Raw Cookie Dough: Do not eat raw cookie dough, cake mix, batter, or any other raw dough or batter product that is supposed to be cooked or baked.**

- Follow package directions for cooking products containing flour at proper temperatures and for specified times.
- Wash hands, work surfaces, and utensils thoroughly after contact with flour and raw dough products.
- Keep raw foods separate from other foods to prevent any potential contamination from spreading. Be aware that flour may spread easily due to its powdery nature.

