

# Family Nutrition Program in Pasco

Nutritious Nibbles of Information

August-September 2009



## Handwashing & Food Safety

### The Importance of Handwashing

Washing your hands is the first line of defense against catching and spreading germs that cause infection. Unfortunately many people do not wash their hands and even if they do, they may not do it properly.

#### Help Celebrate and Educate:

International Clean Hands Week is September 20-26, 2009

Global Handwashing Day is Thursday, October 15, 2009

### WHY Should I Wash?

Throughout the day, you pick up germs from everything you touch. It may be a contaminated surface (tabletop, kitchen counter, door knobs, etc.); contact with people (coughing, sneezing, shaking hands, etc.) and their waste; contaminated food; animals and their waste. These germs easily enter your body when you touch the "Tzone" (eyes, nose, mouth) so you need to practice and make it a habit to wash your hands often following these instructions:

### HOW? Four Steps to Proper Handwashing

1. Turn on the faucet and wet your hands with warm-running water.
2. Apply soap (liquid preferred) and lather well.
3. Rub hands together vigorously for 20 seconds (sing the ABC song - once, Happy Birthday or Row, Row Your Boat - twice). Be sure to scrub hands (front/back) between fingers, around nails, and wrists.
4. Rinse well, dry with disposable paper towel, use it to turn off the faucet and open the door before throwing it into the trash.

When soap and water is not available, use a hand sanitizer with at least 60% alcohol. Apply one-half teaspoon (size of a dime) to the palm of your hand and rub all over until dry.

A solution of one teaspoon of bleach to one quart of water (let stand several minutes) will help kill bacteria on surfaces after cleaning.

This will help you to avoid catching and passing on germs such as:

- Common cold/flu that can lead to more serious pneumonia
- Gastrointestinal germs that cause stomach upset, diarrhea, etc.
- Foodborne illness like salmonella and E-coli that cause nausea, vomiting, and diarrhea

#### Center for Disease Control (CDC)

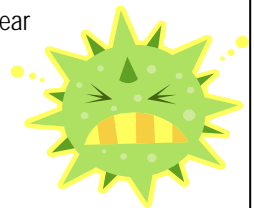
<http://www.cdc.gov/>

#### Flu Facts:

200,000 Americans are hospitalized each year  
Leading to 36,000 deaths/year

#### Foodborne Illness Facts:

Affects 76 million Americans each year  
Leading to 5,000 deaths a year



### WHEN? Be sure to wash your hands:

- Before and after handling food
- After coughing, sneezing, or taking care of a sick person
- After changing a diaper or using the bathroom
- After playing outside or with a pet
- Often!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call toll-free 1-866-762-2237 or visit [www.dcf.state.fl.us/ess](http://www.dcf.state.fl.us/ess).

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# Food Safety

## Fight BAC!

[WWW.FIGHTBAC.ORG](http://WWW.FIGHTBAC.ORG)

- **Clean** – wash hands and surfaces often
- **Separate** – keep raw foods away from cooked foods to prevent cross-contamination
- **Cook** – use food thermometer to cook foods thoroughly
- **Chill** – refrigerate promptly



## Fruits and Vegetables Need Washing, Too!

First, wash your hands as described earlier. Then, thoroughly rinse your fresh produce under running tap water, even if you are not going to eat the skin or rind. Rub or scrub with brush under running tap water all firm-skinned fruits and vegetables, but do not use detergent or bleach. Make sure that cutting boards and utensils are clean before and after using. Cut out any bruised or damaged areas. Wash your hands again before touching another food.

## Prevent Cross-Contamination

You not only need to wash your hands often but also surfaces. Bacteria can spread throughout your home and office. In the kitchen, they hide in food, on countertops, cutting boards and utensils, etc. Be sure to wash and sanitize between uses. A solution of one teaspoon bleach to one quart of water (let stand several minutes) will help kill bacteria on hard surfaces after cleaning. In the classroom or office you will find them on door knobs, light switches, phones, keyboards, mice, desks, lunchboxes and more. Be sure to wipe down with antibacterial or disinfecting wipes. This can reduce sick leave and absences by almost 10%, maybe higher!

## Cook Foods to the Proper Temperature to Kill Bacteria

The best way to tell if food is cooked properly is by internal temperature but less than 15% of people use a thermometer. You cannot tell if a food is cooked safely without one. Purchase and use a food thermometer and wash after each use.



**For more information, contact  
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## Minimum Internal Temperatures Required:

Ground Meat and Meat Mixtures	
Beef, Pork, Veal, Lamb	160° F.
Turkey, Chicken	165° F.
Fresh Beef, Veal, Lamb	
Medium Rare	145° F.
Medium	160° F.
Well Done	170° F.
Poultry	
Chicken and Turkey, whole	165° F.
Poultry Parts	165° F.
Duck and Goose	165° F.
Stuffing (cooked separate from in bird)	165° F.
Fresh Pork	
Medium	160° F.
Well Done	170° F.
Ham	
Fresh (raw)	160° F.
Pre-cooked (to be reheated)	140° F.
Eggs and Egg Dishes	
Eggs	Cook until yolk and whites are firm
Egg dishes	160° F.
Seafood	
Fin Fish	145° flesh is opaque
Shrimp, Lobster and Crabs	Shells open during cooking
Scallops	Milky white or opaque and firm

## Keep Hot Foods Hot, and Cold Foods Cold!

Never thaw foods at room temperature and be sure to marinate foods in the refrigerator. Bacteria thrive in the "danger zone" (40 to 140 degrees F.) and can double in numbers every 20 minutes. To help reduce the risk of foodborne illness, keep any perishable foods at 40 degrees or below (refrigerator/freezer) and hold any foods to be served hot at 140 degrees or more. There is a 2-hour period given to prepare, serve and then store food leftover from a meal. The time period drops to only one hour, if temperature is 90 degrees or higher. Leftovers should be stored in the refrigerator and eaten within 3-4 days. If longer storage is needed, freeze for 1-2 months. If you are ever in doubt as to how long something has been left out at room temperature/in the danger zone or even stored in the refrigerator, the best advice is "When in doubt, throw it out!"

If you have questions or concerns about food safety, call  
USDA Meat and Poultry Hotline 1-888-674-6854  
FDA Food Information Line 1-888-723-3366  
or go to

Pasco Family and Consumers Web site

[http://fcspasco.ifas.ufl.edu/Food\\_Safety.shtml](http://fcspasco.ifas.ufl.edu/Food_Safety.shtml)