

ECHO Phone

Emergency, Community and Health Outreach



Monthly Health Advice: Food Safety

EZ Route File Name: MHA Food Safe

Application: Green Call Flow

Node: Monthly Health Topic (in all languages)

(1)
Hot weather and improper handling **[includes: washing, cutting, preparing, cooking, storing]** can make good food become bad food very quickly. Follow these simple rules to avoid becoming sick from spoiled food.

(2)
Before handling food, ALWAYS wash your hands for 20 seconds to kill germs. Make sure that the countertops, utensils, and cutting boards are washed with hot water and soap. Also wash fresh produce, like fruits and vegetables, with clean water. Do not use cleaning products like detergent or bleach when cleaning fruits and vegetables.

(3)
Use two cutting boards – one for fruits and vegetables and the other for raw meats, seafood and poultry. This will prevent the raw meat “juice” from mixing into fresh food. Bacteria on raw meat can cause vomiting, stomach aches, and diarrhea. Cook food at very high temperatures to kill bacteria. Cooked meat products should not have any red areas—except for beef. Make sure that meat is fully cooked especially when grilling outdoors.

(4)
If you are planning to use raw meat juice in a sauce or gravy, it must be boiled. When storing raw meat—especially if it’s going to be grilled—always keep it in a refrigerator or cooler, in a sealed plastic bag, separated from other food. Finally, keep meat, eggs, cut fruits and vegetables inside the cooler or refrigerator until they are ready to be used or eaten.

(5)
To hear this information again, press #1.
To return to the previous choices, press #2.