

PLAYING IT

SAFE

Be safe and healthy on the job with these helpful tips provided by Gallagher Franchise Solutions.

Prevent Foodborne Illnesses

Tips for reducing your risk of spreading foodborne germs

When cooking for others, you must exercise extreme caution to prevent the spread of foodborne germs. This starts with taking safety measures during the handling, cooking and storage process.

With about 48 million cases of foodborne illness occurring every year in the United States, food contamination may seem inevitable. However, by following these safety tips, you can ensure food safety and prevent foodborne illness for our patrons and guests.

Safety Steps

Safe steps in food handling, cooking and storage are essential to preventing foodborne illness. You typically cannot see, smell or taste harmful bacteria that have the potential to cause illness. Keep food safe in every step of preparation.

- Wash hands and surfaces often.
- Separate foods to avoid cross-contamination.
- Cook foods to the proper temperatures.
- Refrigerate and store leftovers promptly.

Food Handling Guidelines

- Refrigerate or freeze all perishable food items. The refrigerator should be set at 40° F or less and the freezer set at 0° F or less.
 - Check the temperatures with a thermometer designated for these appliances.
- Always thaw food in the refrigerator

or under cold water, never sitting out at room temperature.

- Wash cutting boards and cooking utensils immediately with soap and hot water after contact with raw meats to prevent bacterial contamination.
- Do not leave perishable foods sitting out for more than two hours.
 - If room temperature is above 90° F, do not leave foods out for more than one hour.
- If food is cooked, but will not be served for more than two hours, keep it in the oven at 140° F and cover with foil.
- Discard canned foods that are dented, seeping or bulging.
- Do not use packages that are torn or open.
- Poultry and meat is only good in the refrigerator for one to two days.
- Keep seafood in the refrigerator or freezer until right before use.
- Throw out foods with any sign of mold growth.
- Never store food near cleaning products or chemicals.
- Store condiments such as ketchup, mayonnaise and dressing in the refrigerator after opening.



Do You Have Symptoms of a Foodborne Illness?

Symptoms of a foodborne illness can range from mild to serious. Some of the most common include upset stomach, abdominal cramps, nausea and vomiting, diarrhea and fever. Treatment in most cases includes increasing your fluid intake. For more serious foodborne illnesses, medical attention is necessary.

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