Food Safety Tips

Provided by
Louisville Metro Department of Public Health and Wellness

Leading Causes of Foodborne Illness
■ Failure to cool food properly
■ Food not hot enough
■ Infected food handler
■ Preparation a day or more ahead of time
■ Raw food mixed with cooked food
■ Food left in the DANGER ZONE (41 to 140 F)

Plan Ahead
§ If you or your family members are sick with gastroenteritis (a stomach "bug" or stomach "flu"), do not prepare foods for others.
§ Prepare foods that are easy to serve with utensils.
§ Provide plenty of utensils for each item so that people can avoid touching the food.
§ For best quality and safety, prepare foods close to serving time.

Clean
§ Wash hands and surfaces that come into contact with food.
§ Wash cutting boards after use.

Separate
§ Don't cross-contaminate! Keep raw meat away from ready to-eat foods such as lettuce, melons and bread.

Cook
§ Cook food to the recommended internal temperature. Measure temperatures with a clean, calibrated food thermometer.
§ Don't cook food partially for finishing later because that increases the risk of bacterial growth.
§ Keep time between cooking and serving to a minimum; preferably prepare food within several hours of the event.

Keep Food Safe When Transporting
§ Keep cold foods cold. Keep food at or below 40 F. Place in a cooler with a cold source, such as ice.
§ Keep hot foods hot. Use insulated containers for hot items such as stews and chili, such as a crock pot wrapped in paper bags, during travel.
§ Wrap casserole dishes with aluminum foil.
§ Pack right before you leave and don't open them until serving time.
§ Tightly seal and wrap foods.
§ Do not transport food with animals in the same vehicle.

Leftovers

§ Discard any food left out at room temperature for more than two hours.