



Food poisoning is caused by bacteria, a type of germ that can make you sick. Bacteria can grow in some foods if they are not prepared, cooked, or stored properly. If you eat a food that has bacteria in it, you may get sick. You cannot see and may not smell or taste bacteria that cause food poisoning.

Food poisoning can make you feel like you have the flu. It can cause diarrhea and an upset stomach. Food poisoning rarely causes death. Food poisoning can be harmful to babies, children, the elderly, pregnant women, and those in poor health.

Learn how to prepare, store, and cook foods safely by following these safety tips:

Shopping for Food

- Buy foods with the latest “sell-by” or expiration date.
- Do not buy canned goods with bulges, leaks, or dents
- Put cold, frozen, and hot foods in your shopping cart last.
- Wrap meat and poultry in plastic bags so their juices do not leak onto other foods.
- Foods that belong in the refrigerator or freezer should go in as soon as you get home.

Storing Foods Safely

- If you are not going to use fresh meat, poultry, or fish within a few days, freeze them.
- Use fresh or thawed meats as soon as you can:
 - Store fresh beef, lamb roasts, and steak no longer than 4 days in the refrigerator.
 - Store veal or pork roasts no longer than 3 days in the refrigerator.
 - Store poultry and ground meat no longer than 2 days in the refrigerator.

Preparing and Cooking Foods Safely

- Wash your hands, kitchen tools, cutting boards, and counters with warm, soapy water before and after handling raw foods.
- Use plastic or tempered glass cutting boards as they are easy to clean.
- Wash all fruits and vegetables before eating.
- Keep raw meats away from fruits, vegetables, and cooked food. Do not put them on the same plate.
- Thaw foods in the refrigerator or microwave. Do not thaw them on the counter top. If you must thaw in a hurry, put the food in a closed plastic bag and soak in cold water.

The best way to help keep your family safe from food poisoning is to follow this rule:

KEEP COLD FOODS COLD

AND

KEEP HOT FOODS HOT!

IF YOU SUSPECT YOU CAME IN CONTACT WITH ANY POISON

PLEASE CONTACT THE POISON CENTER AT 1800-222-1222



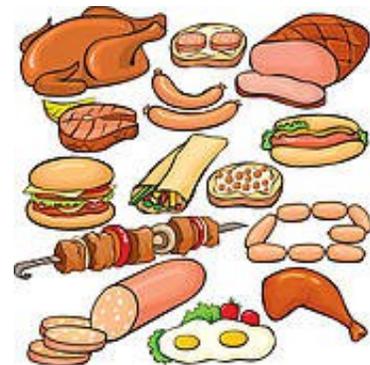
Preparing and Cooking Foods Safely Continued

- Do not eat raw or undercooked meats, poultry, or eggs. Cook them until they are done:
 - Cook red meat to an internal temperature at or about 150°F - 165°F.
 - Cook chicken until the juices look clear, not pink, about 170°F - 180°F.
 - Cook fish until it flakes.
 - Cook egg whites and yolks until they are firm, not runny.



Serving and Cleaning Up Safely

- When you are finished eating, refrigerate or freeze any leftovers. Do not eat cooked foods left at room temperature for more than 2 hours or more than 1 hour on very hot days.
- Store leftovers in small dishes so they can cool quickly.
- Reheat leftovers to an internal temperature of 165°F.



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