

Total Home Makeover : *Refrigerator Edition 2006*

A partnership between the El Dorado County Environmental Health Department and the National Restaurant Association Educational Foundation to promote the 12th annual National Food Safety Education Month.

www.nraef.org



Myth: Chip dips do not need to be refrigerated.

Fact: Chip dips can spoil or cause illness after only a few hours.

Solution: Put bean dips and salsas in small bowls, then replace them every 4 hours.



Myth: Picnic foods (potato salad, cheese, deli meats) will be O.K. as long as they are in a cooler.

Fact: On hot days, foods can spoil or cause illness in as little as 4 hours, even if they are in a cooler.

Solution: Pack coolers with ice on top of and below stored foods. While traveling, keep the cooler in the air-conditioned passenger area instead of the hot trunk.

KITCHEN SAFETY

- Use separate plates and utensils for raw & cooked meats.
- Store raw meats below and away from ready-to-eat foods.
- Thaw frozen meats in the refrigerator or in a sink with cold tap water that is changed every 30 minutes.
- Keep a second cutting board to use only with raw meats.

Myth: Hand sanitizer works as well as soap and water.



Fact: Hand sanitizers do not remove dirt and bacteria from the skin like soap and water.

WASH HANDS FOR 20 SECONDS

POTLUCK DINNERS

Keep potluck dishes in a cooler or insulated container if it will be more than 2 hours until the dish is served.



GRILLING

Buy A Meat Thermometer!

Range: 0°F—220°F

Check the thickest part of the meat!

Poultry:	165°F
Hamburgers:	155°F
Sausages:	155°F
Steak:	145°F
Pork Chops:	145°F
Salmon:	145°F

Source: *Essentials of Food Safety and Sanitation, 4th edition*