FOOD STORAGE GUIDELINES

HOW TO KEEP YOURSELF SAFE FROM FOODBORNE ILLNESS
WHAT BACTERIA NEEDS TO GROW

- FOOD
- ACID
- TIME
- TEMPERATURE
- OXYGEN
- MOISTURE
FOOD

PROTEIN AND CARBOHYDRATES

- Meat, poultry, fish, eggs, dairy, soy protein
- Heat treated plant – cooked rice, beans, vegetables
- Untreated garlic and oil mixtures
- Cut tomatoes, melons, and leafy greens
ACIDITY

- LOW in ACID
- pH LEVEL 4.6 or HIGHER (NEUTRAL)

EXAMPLES:
- MILK, MEATS, FISH, CUSTARDS, COOKED BEANS AND RICE, GRAVIES, PEAS, BAKED AND MASHED POTATOES, CORN, CUT MELONS, TOFU OR OTHER SOY PROTEIN FOODS
TIME

- FOOD THAT HAS BEEN OUT OF HOT OR COLD STORAGE FOR MORE THAN TWO HOURS SHOULD BE THROWN AWAY!!

- IF IN 90°F OR HIGHER FOR ONLY ONE HOUR THROW AWAY!
TEMPERATURE

- KEEP FOOD SAFE
- AVOID TEMPERATURE DANGER ZONE
- COLD FOOD 41°F OR LOWER
- HOT FOOD 135°F OR HIGHER AFTER COOKED TO PROPER TEMPERATURE
- DO NOT LEAVE OUT OVER 2 HOURS
OXYGEN

- SOME BACTERIA GROWS WITH OXYGEN/SOME GROW WITHOUT

- PROPER COOKING, COOLING, STORING, & REHEATING FOOD WILL REDUCE FOODBORNE ILLNESS
OXYGEN...CONT’D

- BOTULISM – REMOVING OXYGEN FROM SOIL GROWN FOODS
- GARLIC & OIL, BAKED POTATOES, GRILLED ONIONS, & HOME CANNED LOW ACID FOODS
MOISTURE

- NEED MOISTURE IN FOOD TO GROW
  - COOK
  - FREEZE
  - DRY
  - SLOW WATER ACTIVITY WITH SALT, SUGAR, ALCOHOL OR ACID
CLEANLINESS

- WASH HANDS – WHEN???
- WASH EQUIPMENT
- KEEP PETS OUT OF KITCHEN AND OFF COUNTERS
- CLEAN SINKS, DISPOSALS
- WIPE REFRIGERATOR HANDLES
- CLEAN UP SPILLS
LEFT OVERS AT HOME

● SEE GUIDELINES FOR STORAGE

● REFRIGERATE WITHIN 2 HOURS

● ALWAYS REHEAT TO 165°F

● KEEP REFRIGERATOR AT 41°F OR BELOW
DOGGIE BAGS

- BE SURE YOU ARE GOING HOME IMMEDIATELY or
  - LEAVE THE FOOD AT THE RESTAURANT!

- REFRIGERATE IMMEDIATELY!

- REHEAT TO 165°F
ELDER FOOD SAFETY

- MORE LIKELY TO BECOME ILL
- DON’T EAT:
  - RAW EGGS
  - RAW BEAN SPROUTS
  - RAW SEAFOOD
FOOD SAFETY HAS CHANGED

- OUR FOOD SUPPLY IS INTERNATIONAL
- NEW STRAINS OF BACTERIA
- OLD WIVES TALES – TRADITIONS
- ALWAYS KEEP IT COLD OR HOT IF IT IS A POTENTIALLY HAZARDOUS FOOD
FOUR EASY STEPS

- OR...HOW TO REMEMBER ALL THE OTHER STUFF IN THIS PRESENTATION!!

- CLEAN
- SEPARATE
- COOK
- CHILL
DON’T TAKE RISKS

● IF UNCERTAIN, THROW IT OUT!

● PUT A THERMOMETER IN YOUR REFRIGERATOR

● REHEAT LEFTOVERS TO 165°F

● QUICKLY REFRIGERATE LEFTOVERS
STAY SAFE!

- PRESENTED BY:
  - CELIA HILL,
  - FCS AGENT
  - UF/IFAS
  - LEE COUNTY EXTENSION

- Revised August 2012