

# Say "Yes" to Food Safety...

## Bacteria

# and "NO" to Bacteria

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## Tips For Families

According to the CDC, 1 in 6 Americans will contract a foodborne illness each year. That roughly equates to around 48 million individuals. Although that number is high, many of the illnesses contracted can be prevented if individuals follow basic food safety practices.

- Food safety begins at the grocery store. When purchasing items make sure packaging is not torn, ripped, or punctured. This can allow for bacteria and fungi to contaminate the food. Make sure cans are not severely dented, bulging, or rusted. These canned foods may be contaminated with botulism. Lastly, make sure cold items have been kept cold and hot/prepared foods have been kept warm.

- If purchasing raw fish, make sure the flesh is shiny and firm, the eyes are clear, and that the scales are intact and iridescent. Smell the fish to ensure the odor is mild and fresh smelling; it should not smell overly "fishy". Lastly, do not purchase cooked seafood items that are in the same case as raw items.

- If purchasing raw meat and poultry, make sure the packaging is intact with no tears or punctures. Poultry should be pink in color, not grey. Meat should be deep purple, burgundy, or red; however, it may appear reddish-brown due to prolonged oxygen exposure. This does not indicate spoilage, but if meat appears slimy, tacky, sticky, or has an odor, do not purchase.

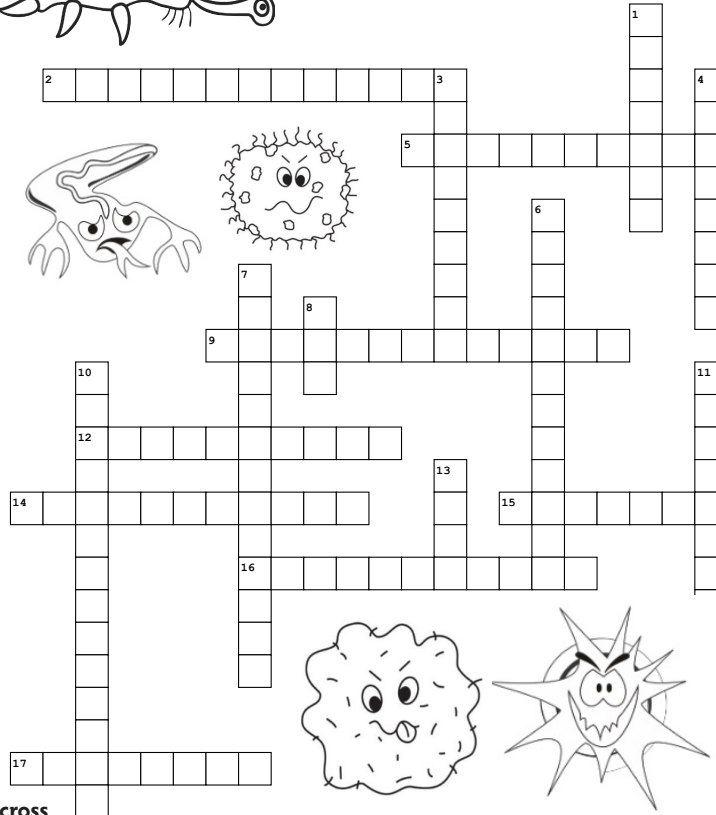
- Arrange items in your grocery cart wisely to avoid cross contamination. Meat, poultry, and seafood items should be placed in plastic to avoid juices and/or blood from dripping onto other items. They should also be placed on the lower area of the cart for the same reason. When bagging items, make sure raw meat, poultry, and seafood are placed in bags alone, not with other food items.

- If running errands after grocery shopping, bring a cooler to keep perishable items cool. Perishable food items can only safely be unrefrigerated for no more than 2hrs, 1hr if the ambient temperature exceeds 90 degrees Fahrenheit. After this bacteria can begin to multiply at unsafe rates.

- Foods should be thawed in the refrigerator and not on the counter. Foods can only be left in room temperature for no more than 2hrs.



## Food Microbiology



### Down

- Hand \_\_\_\_\_ is one of the best ways to prevent contracting a foodborne illness.
- This foodborne illness is often called the "stomach flu" because of its intense gastrointestinal symptoms. It is also heavily associated with cruise ships.
- This bacterium can cause severe damage to the nervous system. It can be found in improperly canned foods and raw unfiltered honey.
- The safest place to defrost food.
- Foodborne illness caused by consuming foods contaminated with microorganisms that produce toxins before ingestion (i.e., E. coli)
- The federal agency tasked with protecting consumers against unsafe food products.
- The process by which food is heated to a high temperature and held for 15 seconds to kill bacteria and extend a foods shelf life.
- In the danger zone \_\_\_\_\_ grow and multiply rapidly leading to the possibility of contracting a foodborne illness.
- The federal agency tasked with protecting consumers against unsafe meat, poultry, & eggs.

### Across

- To avoid cross-\_\_\_\_\_ always use separate utensils and cutting boards for raw meats and veggies.
- When purchasing fish at the market always look to make sure the scales are \_\_\_\_\_
- Foodborne illness caused by consuming foods contaminated with microorganisms that produce toxins after ingestion (i.e., S. aureus)
- This bacterium can be found on a variety of foods ranging from meats to veggies, but it is most commonly found on raw chicken.
- Using a meat \_\_\_\_\_ to check for doneness is the best way to ensure food has been cooked thoroughly.
- The state of being free from bacteria or any other living microorganisms.
- Time and \_\_\_\_\_ abuse are the two leading factors in foods becoming contaminated with harmful pathogens.
- Perishable foods should not be left out at room temperature for more than \_\_\_\_\_

### More Tips For Families

- Always wash all fruits and vegetables before use...not before. Fruits and vegetables still need to be washed even if skin is not going to be consumed. Peeling and cutting can introduce bacteria from the outside of the item to the otherwise sterile interior.
- Always make sure to cook food thoroughly. Poultry & pork should always be cooked until well-done. Steaks and red meat can be cooked rare only if meat has not been punctured, cubed, or cut (inside of meat is considered sterile unless otherwise contaminated). Ground beef should always be cooked until well-done.
- Use two separate cutting boards for your meats and fruits/vegetables to avoid any possibility of cross contamination. You can have a red one for meats and a different color for your fruits and

veggies. Wooden cutting boards should never be used for meats as the wood can absorb the blood and juices.

- Plates, utensils, and cookware that has touched raw meat should never be used to touch/store cooked meat.
- Pregnant women, children under 5, adults 65 and older, and immunocompromised individuals are the most at risk for developing a foodborne illness. These individuals should not consume raw milk, raw milk cheese, unpasteurized foods, raw fish and/or shellfish, raw sprouts, or undercooked meats.
- Honey may contain botulism spores and therefore should not be given to infants under the age of 1yr.
- Avoid washing/rinsing your raw meats and poultry. Washing/rinsing can spread bacteria like salmonella onto your counters/sink/dishes. All bacteria will be killed upon cooking.

FREE Kindness and Bullying Prevention Information Available



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## FOOD SAFETY APPS

Helping you with your journey.



The **USDA FoodKeeper App** can help consumers use food while at peak quality and reduce waste. The storage times listed are intended as useful guidelines and are not hard-and-fast rules. Some foods may deteriorate more quickly while others may last longer than the times suggested. The times will vary depending on the growing conditions, harvesting techniques, manufacturing processes, transportation and distribution conditions, nature of the food, and storage temperatures. Remember to buy foods in reasonable quantities and rotate the products in your pantry, refrigerator, and freezer.



# FOOD SAFETY

## Word Search

Microbe	Cook	Temperature
Bacteria	Clean	Perishable
Fungi	Separate	Norovirus
Contamination	Refrigerate	Salmonella
Illness	Pasteurize	Listeria
Foodborne	Sterile	Botulism
Disease	Time	

Created by Puzzlemaker at  
DiscoveryEducation.com



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## Food Safety Do's & Don'ts

*Cross Out The Don'ts & Color In The Do's*

Leave perishable food  
out for more than 2  
hours

Defrost meats and  
poultry in the  
refrigerator

Store eggs out on  
the kitchen counter

Store cut-up fruits  
and veggies on the  
kitchen counter

Use two separate  
cutting boards for  
your raw meats and  
produce

Store opened canned  
and jarred foods in  
the refrigerator

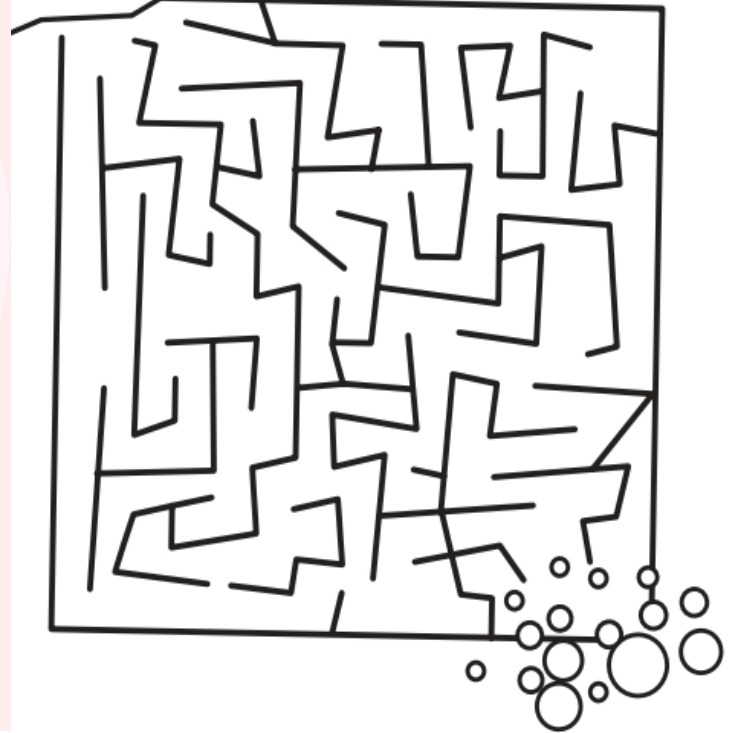
It's ok to eat raw  
cookie dough that  
contains eggs and  
flour

Cook ground meats to  
a rare, medium-rare,  
or medium level of  
doneness

Wash your hands with  
soap & water before  
cooking or preparing  
food



Help the hands find the  
bubbles so they can get  
nice and clean!



**CozZo** is a fridge, pantry & recipe manager, combined with versatile shopping & meal planners that help you avoid food waste by tracking what you have and when it expires. Buy groceries and plan meals with a precise view of what is needed. Put an end to food waste with CozZo's assistance.



**Fridgely** tells you when your food is going to expire so that you can use it before it does. Fridgely intelligently sends you an alert when your food is close to expiring.



**MyMeatUp** is the only free app available with a full guide to beef, pork, lamb, and veal cuts you'll

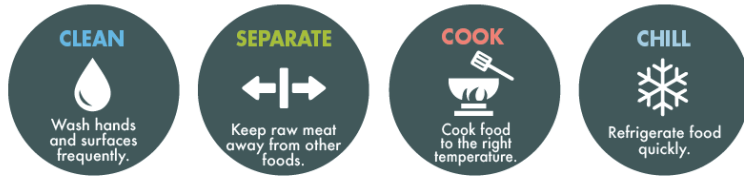
find at grocery stores, including cooking tips and recipes. Easy, creative, and delicious beef, pork, lamb, and veal recipes for every cut. Descriptions about the most common cooking methods for meat products: broiling, grilling, braising, roasting, pan-frying, stir-frying, slow cooking, smoking, and stewing. A glossary of meat terms to help you navigate the labels on meat products.



# SAFE MINIMUM COOKING TEMPERATURE CHART FOR Meat, Poultry, Eggs, and More



Use a food thermometer to check if food has reached an internal temperature hot enough to kill germs that can cause food poisoning, like norovirus, salmonella, E. coli, and staph. For every step of food preparation, follow these key guidelines:



## Minimum Internal Temperature

165°F		All poultry, including chicken, turkey, duck, and goose (breasts, whole bird, thighs, legs, wings, ground meat, giblets, stuffing)
		Wild game animals
		Precooked ham (to reheat)
		Leftovers and casseroles
160°F		Ground meat and meat mixtures (beef, turkey, veal, lamb)
		Egg dishes (frittata, quiche, omelet, etc.)
145°F		Fresh beef, veal, lamb (steaks, roasts, chops) <b>Rest for 3 minutes before testing</b>
		Fresh pork and ham <b>Rest for 3 minutes before testing</b>
		Fish with fins <b>145°F or until the flesh is opaque and splits easily with a fork</b>
135°F		Fruits and vegetables cooked for hot holding (such as for buffets)
70-135°F		<b>DANGER ZONE:</b> Bacteria grow most quickly between these temperatures.



Eggs  
Cook until both the yolk and the white are firm



Shrimp, lobster, crabs, and scallops  
Cook until flesh is pearly/white and opaque



Clams, oysters, mussels  
Cook until the shells open



Sources: [www.fsis.usda.gov](http://www.fsis.usda.gov) | [www.warren.cce.cornell.edu](http://www.warren.cce.cornell.edu)

## Right Zones in the Fridge

for safe food storage

Ready to Eat foods on higher shelves



Fruits & Veggies in drawers

Condiments, not eggs or milk, in door

Raw meat on lower shelves

## DRAW A FACE ON THE GERM



## Color The Foods That Should Be Refrigerated Blue & Foods That Can Be Kept In The Pantry Red



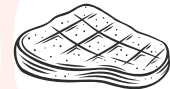
Eggs



Olive Oil



Peanut Butter



Steak



Milk



Ketchup