Food Safety: Week 2   
Four Core Practices

# The Four Core Practices

Hot summer months can increase risks food borne outbreaks and cause individuals to get sick. Bacteria growing on food can be tasteless, order-less, non-visible but double every two minutes.

As a general rule, at the end of four hours, food stored at room temperature is no longer safe and a foodborne illness can strike anyone.

Highly susceptible populations, including pregnant women, young children, older adults and people with weakened immune systems are at a higher risk for developing foodborne illness,.

**Following these tips to reduce the risk of a foodborne outbreak:**

Clean: Wash hands and surfaces often

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food.

Separate: Don’t cross-contaminate

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and away from ready-to-eat foods. Start preparation by properly cleaning and sanitizing all surfaces, cutting boards and utensils. Always, wash hands with warm water and soap.

Cook: Cook to proper temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. Refer to the chart on at the following link to learn more about proper cooking temperatures.

Chill: Refrigerate promptly

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. By ensuring the refrigerator isn’t over full, cold air is able to circulate helping food safe. Keeping a constant refrigerator temperature of 40ºF or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40ºF or below. The freezer temperature should be 0ºF or below.

Refer to the following link to learn more about Fighting BAC and keep your program Food Safe during the summer.

<http://www.fightbac.org/food-safety-basics/the-core-four-practices/>