

WEEKLY SAFETY TIP – 7/19/10 – FIGHT BAC !

Fight BAC – bacteria, that is. Most foodborne illnesses are caused by bacteria, some of it coming from raw meat. And bacteria can be spread through cross contamination. Fight BAC is a partner of the Centers for Disease Control and the US Department of Public Health in providing education on safe food handling and preparation.

Safe workers are also healthy workers. Preparing our food properly can help us stay healthy. Here are a few tips for safe and healthy food preparation from the FIGHT BAC website (linked here: <http://www.fightbac.org/>)

1. CLEAN – wash your hands, surfaces, dishes and cooking surfaces with hot soapy water before and after cooking. Remember that surfaces include cutting boards. Dishes or platters that held raw meat should be washed thoroughly with hot soapy water before it is used again, especially if you are putting the cooked meat back on it for serving and eating.
2. SEPARATE, don't cross-contaminate. Keep raw meats, fish, poultry and eggs separated from other food products while shopping, during storage (in the refrigerator) and during preparation. This includes using different cutting boards for meat products and other foods.
3. COOK – foods to proper temperatures. Use a food thermometer to make sure the meat is done, don't guess. If you are unsure what the proper temperature should be, here's the link to the Fight BAC page on proper meat temps: <http://www.fightbac.org/safe-food-handling/cook>
4. CHILL – refrigerate and freeze meats properly. Refrigerate within 2 hours, don't let them sit out, even when marinating. Defrost meat properly using one of three safe methods – in the refrigerator, in cool water, or in the microwave. And read the label, some foods have a “use by” date. If it's old, don't eat it.

We thank Fil Bernal of and our other friends at Southern California Edison for researching this information for us. They do a good job of making safety messages and have prepared a powerpoint presentation on Safe Summer Barbequing, including food safety and shared it with us. We have uploaded the powerpoint as a pdf on our website. Please check it out on our site at: http://www.scm-safety.com/industry_news.html

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