

Hazard: Food Safety

Identity of Hazard(s): This includes threats of infection resulting from inadequacies in provision and facilities for the storage, preparation and cooking of food.¹

Primary Health Outcome(s): Food poisoning¹

Health Alert! One in six Americans will get sick from food poisoning this year. Most of them will recover without any lasting effects from their illness. For some, however, the effects can be devastating and even deadly. Serious long-term effects associated with several common types of food poisoning include kidney failure, chronic arthritis, brain and nerve damage and death.²

Gain Control: Actions You Can Take³

- Wash hands the right way—for 20 seconds with soap and running water. Be sure to scrub the backs of your hands, between your fingers, and under your nails.
 - Wash surfaces and utensils after each use with hot, soapy water. Clean surfaces and cutting boards with a bleach solution.
 - Wash fruits and veggies—but not meat, poultry, or eggs. Even if you plan to peel fruits and veggies, it's important to wash them first because bacteria can spread from the outside to the inside as you cut or peel them.
 - Use separate cutting boards, plates and utensils for uncooked produce and raw meat, poultry, seafood, and eggs.
 - Keep meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.
 - Use a food thermometer. Make sure food reaches its safe minimum cooking temperature. For example, internal temperatures should be 145°F for whole meats (allowing the meat to rest for 3 minutes before carving or eating), 160°F for ground meats, and 165°F for all poultry. Eggs should be cooked until the yolk is firm. Microwave food thoroughly (to 165 °F).
 - While food is being served and eaten, keep it hot (at 140 °F or above). After meals are over, refrigerate leftover food quickly.
 - Refrigerate the foods that tend to spoil more quickly (like fruits and vegetables, milk, eggs, and meats) within two hours. Warm foods will chill faster if they are divided into several clean, shallow containers.
 - Thaw or marinate foods in the refrigerator, never on the counter or in the kitchen sink.
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Local Resources for Detroit Residents:

- Institution for Population Health: (313) 324-9482
 - For Help to receive new refrigerator (must own an old refrigerator)
- CLEARCorps Detroit: (313) 924-4000

¹http://portal.hud.gov/hudportal/documents/huddoc?id=operating_guidance_hhrs_v1.pdf

²<http://www.foodsafety.gov/poisoning/index.html>

³<http://www.cdc.gov/foodsafety/prevention.html>