

MICROWAVE OVEN SAFETY

-  Be very cautious when heating food or liquids. Both get very hot!
-  Heat only enough food or liquid for one feeding.
-  Reduce the risk of “hot” or “cold” spots. Stir, rotate or turn food when cooking. Let food to “stand or rest” for a few minutes. Then check the temperature in several spots before serving.
-  Heat baby food in a dish, not the jar.
-  Reduce the risk of burning the mouth with hot liquids. Shake or stir formula or soup after heating. Always allow liquid to “stand or rest” for a few of minutes, then check the temperature again before serving

**FOR MORE INFORMATION ABOUT
 SAFE FOOD HANDLING AND PREPARATION**

USDA’s Meat and Poultry Hotline
1-800-535-4555

FDA’s Food Information and Seafood Hotline
1-800-332-4010

Partnership for Food Safety Education Web Site
www.fightbac.org

Or contact your local Cooperative Extension office

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FIGHT BAC!



Keep Food Safe From Bacteria™

**RUTGERS COOPERATIVE EXTENSION
 N.J. AGRICULTURAL EXPERIMENT STATION
 RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY
 NEW BRUNSWICK**

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**HANDLE
 WITH CARE:**



THE STATE UNIVERSITY OF NEW JERSEY
RUTGERS

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Babies and young children are very sensitive to bacteria. Their bodies cannot fight bacteria as well as adults. The symptoms of foodborne illness may not sound serious - nausea, vomiting and diarrhea. But they can be serious - kidney failure, meningitis and even death.

Bacteria (BAC) are one cause of foodborne illness. You cannot taste, smell or see them. They may be on your hands, food or work surfaces.



Luckily, we can “Fight BAC”™ and stop foodborne illness by proper food handling. Follow these 4 easy steps:

CLEAN: WASH HANDS AND SURFACES OFTEN

-  Wash hands with hot, soapy water for at least 20 seconds before you make food or feed your child.
-  Wash after using the toilet, changing diapers, helping a child use the toilet, blowing your nose or wiping a runny nose or touching pets.
-  Clean counters and tables before and after you make or serve food.

SEPARATE: DON'T CROSS CONTAMINATE

Do not let bacteria from one place spread to another (cross contaminate).

-  Separate raw meat, poultry and seafood from other foods in your grocery cart.
-  Use different cutting boards for raw meat, poultry or seafood and for vegetables or other foods.
-  If you only have one cutting board, wash the cutting board in hot, soapy water after each use.
-  Use paper towels to clean counters and tables. If you use sponges or dishcloths, make sure you wash and sanitize them at least once a day.

COOK: COOK TO PROPER TEMPERATURES

-  Make sure foods are done. Use a clean thermometer to check the temperature inside the food.

INTERNAL TEMPERATURE GUIDE:

Beef, veal, pork, lamb - 160°
Poultry - 180°
Ground beef, veal, pork, lamb - 160°
Ground poultry - 165°
Finfish – opaque flesh, flakes with a fork
Shellfish – opaque flesh throughout
Eggs – yolk and white are firm, not runny
Casseroles - 160°
Left-overs - 165°; boil liquids (soup, gravy)

CHILL: REFRIGERATE PROMPTLY

-  Keep your refrigerator at 40° F and your freezer at 0° F. Check the temperature with an appliance thermometer.
-  Defrost food on a plate in the refrigerator or in the microwave oven. Never defrost food at room temperature on a counter or table.
-  Refrigerate or freeze all purchased, prepared or leftover food within 2 hours.
-  Divide large amounts of left-over food into small, shallow containers so they cool quickly.

TIPS FOR BABIES & YOUNG CHILDREN

JARRED BABY FOOD

Feed from a bowl or plate unless you will use all of it. When you feed from the jar, bacteria and saliva from the baby's mouth get into the food. Leftover food could make the baby sick.

HOMEMADE FOOD

Make food carefully and cook thoroughly. Never serve undercooked food to young children.

