

Radio PSA 1
(60 Spot)

Refrigeration Storage Tips

Did you know that one of the best weapons to guard against food-related illness is right in your kitchen? It's your refrigerator and it can keep the harmful bacteria that sometimes get onto food from growing or multiplying.

But for your refrigerator to do its job, you have to do yours - and that means learning how to store foods safely. The first step is to refrigerate or freeze perishables, prepared foods and leftovers within two hours. It's also important not to pack the refrigerator. The cool air needs to circulate to keep food safe. Set the refrigerator no higher than 40°F and the freezer unit at 0°F. And when storing leftovers, divide large amounts of food into small, shallow containers for quick cooling.

For more information on safe food handling, (STORE) invites you to pick up a free consumer brochure - *Four Simple Steps to Food Safety* - at (STORE LOCATION). It is just one of the ways that (STORE) is participating in the nationwide *Fight BAC!*® food safety campaign to safeguard your health.

Radio PSA 2
(60 Spot)

Food Safety Shopping Tips

Despite the fact that America's food supply is among the safest in the world, sometimes, the food we eat can make us sick. That's because a collection of bacteria and other tiny organisms can become unwelcome guests at your dinner table. But the good news is that you can take some simple steps to keep this from happening - starting with your trip to the supermarket.

With food safety in mind, pick up your packaged and canned foods first. And don't buy food in cans that are bulging or dented - or in jars that are cracked or have loose lids. When buying eggs, open the carton first to make sure that none are cracked or leaking. Shop for produce, raw meat, poultry and seafood last and always make sure these foods are separate from each other and other items in your cart.

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Radio PSA 3
(60 Spot)

Cooking to the Proper Temperature

What's the temperature? Besides the local weather forecast, this question is important for every food preparer. That's because when it comes to cooking foods - and especially meat and poultry - the internal temperature is the only way to know that the foods you prepare are thoroughly cooked and safe.

Because it takes thorough cooking to kill harmful bacteria, you are taking chances when you eat undercooked meat, poultry, fish and eggs. That's why food safety experts recommend cooking ground meats to 160°F and whole cuts to 145°F. Then, use a food thermometer to check that the meat's cooked all the way through. For poultry parts, the recommended temperature is 170°F. And for leftovers, experts say they should be reheated to a temperature of at least 165°F. Equally important, eggs should be cooked until both the yolk and white are firm.

Because cooking foods to the proper doneness is so important, (STORE) is making available a free consumer brochure - *Four Simple Steps to Food Safety* - at (STORE LOCATION). It's just one of the ways that (STORE) is participating in the nationwide *Fight BAC!*[®] food safety campaign to help safeguard your health.

Radio PSA 4
(60 Spot)

Keep It Clean

There is a reason that doctors and dentists are always washing their hands. Soap and hot water help remove harmful bacteria and other germs, including the "bugs" that cause food-related illness. That's why food safety experts stress the importance of washing hands, utensils and kitchen surfaces throughout the cooking process to keep bacteria from getting onto food.

How? Start by washing your hands with hot soapy water for 20 seconds or longer before beginning food preparation. And always wash your hands after handling raw meat and poultry. Since harmful bacteria multiply quickly on kitchen towels, wash them often in the hot cycle of your washing machine. Equally important, countertops, cutting boards, knives and other utensils should be washed after preparing each food item, and before going on to the next one.

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