

# Home Food Safety Mythbusters



The Partnership for Food Safety Education

# Myth #1:

“If I microwave the food, the microwaves kill the bacteria so the food is safe.”



# Fact #1:



Microwaves are *not* what kill bacteria—it's the heat generated by the microwaves that kills bacteria in foods. Food needs to be heated to a safe internal temperature.

# REMEMBER:

Keep the heat on! Check for a safe  
internal temperature after  
microwaving

# Myth #2:

“Of course I wash all the bagged lettuce and greens- I could get sick if I don’t.”



# Fact #2:



While it is important to wash most fresh fruits and veggies, packaged greens labeled “ready-to-eat”, “washed” or “triple washed” do NOT need to be washed at home.

# REMEMBER:

Pre-washed greens -  
LETTUCE avoid re-washing!

# Myth #3:

“I don’t need to use a food thermometer. I can tell when my food is cooked by looking at it or checking the temperature with my finger.”





# Fact #3:



The only sure way to know food is safely cooked is to check the temperature with a food thermometer and confirm it has reached a safe internal temperature.

# REMEMBER:

No matter how hot food may feel on the outside, bacteria can still be chillin' on the inside

# Myth #4:

“I can’t re-freeze foods after I have thawed them. I have to cook them or throw them away.”



# Fact #4:



If raw foods such as meat, poultry, egg products and seafood have been thawed in the *refrigerator*, then they may be safely re-frozen without cooking for later use.

# REMEMBER:

Thaw food in the refrigerator  
to protect your frozen assets



The mission of the Partnership for Food Safety Education is to end illness and death from foodborne infection.

For more information, please visit <http://www.fightbac.org/>