

Home Food Safety Mythbusters 30-second Radio SCRIPTS:

Note to extension services and food safety educators using these scripts: You can go to this site: <http://www.istockphoto.com/buy-stock-credits-pay-as-you-go.php?> and, for a small fee, you can download audio clips for sound effects for the PSAs. To record all four PSAs with sound effects, you would need the four audio clips listed below, though you can certainly do your own.

Cutting Board (84 words)

(Chopping on cutting board - SFX #: 15236191 - for 3 secs - then VO begins) No matter how you slice it, cutting boards should be washed and sanitized after every use, regardless of what they're made of. **(End SFX)**. Plastic, glass, granite, and hardwood cutting boards are dishwasher safe, or you can wash any kind of cutting board in the sink with hot water and soap. Once cutting boards of any type become excessively worn or develop hard-to-clean grooves, they should be discarded.

Remember: don't let bacteria cut up on your cutting board.

For more information, contact ([insert your organization's name here](#)).

Organic foods (69 words)

(Supermarket check-out beeping SFX#: 11423947 - for 3 secs - then VO begins.) You might care that the food you're buying is organic and locally grown, but bacteria don't. **(End SFX)** The fact is, any fresh, raw food can become unsafe with harmful bacteria if it's not handled and stored properly.

Take action at home to reduce your family's risk of foodborne illness by practicing the four food safety steps: Clean, Separate, Cook, and Chill.

For more information, contact ([insert your organization's name here](#)).

Freezing foods (91 words)

(Voice-over Snowstorm blizzard SFX#: 8492472) You know that freezing helps preserve food, but you may not know that freezing can't make food safe to eat. Here are the cold facts: harmful bacteria can survive freezing temperatures. **(End SFX)** That means when food is thawed, bacteria can still be present and may begin to multiply. Cooking food to the proper internal temperature is the only way to kill harmful bacteria. Use a thermometer to measure the temperature of cooked foods.

Remember: Turn on the heat -- and stop bacteria cold.

For more information, contact ([insert your organization's name here](#)).

Vegetarian diet (103 words)

(Voice-over Crunching, chewing sounds SFX#: 12668145.) Just because you're a vegetarian - or someone who eats lots of fruits and veggies - doesn't mean harmful bacteria will always leaf you alone. **(End SFX)** Fruits and vegetables are an important part of a healthy diet, but like other foods they may carry a risk of foodborne illness. Always rinse produce under running tap water, including fruits and vegetables with skins and rinds that are not eaten. Never use detergent or bleach to wash fresh fruits or vegetables as these products are not intended for consumption. Packaged fruits and vegetables labeled "ready-to-eat" or "washed" don't need to be re-washed.

For more information, contact [\(insert your organization's name here\)](#).