

### **30-second Radio SCRIPTS:**

Record these 30-second scripts to create in-store radio or local radio spots. The scripts are listed in the order that the four food safety Mythbusters will roll out during the month of September. Contact [nmikha@fightbac.org](mailto:nmikha@fightbac.org) for more information about Mythbuster.

Optional audio clip sound effect recommendations are included here. Access the clips referenced at <http://www.istockphoto.com/buy-stock-credits-pay-as-you-go.php> . For \$18.25 you can download and use the sound effects for the PSAs.

### **85 words (Smelling Leftovers)**

Getting nosy with your leftovers? (FX: 12428767 – pick up at beginning -- SNIFF! SNIFF! SNIFF!)

Just because leftovers in your refrigerator pass the smell test, doesn't mean they're safe to eat. Many bacteria that cause foodborne illnesses don't change the smell, taste, or the appearance of food.

So, don't let your leftovers linger -- freeze or toss them within three to four days.

When in doubt, throw it out because SMELL can't TELL if your food is safe to eat.

For more information go to: [www.fightbac.org](http://www.fightbac.org)  
( \_\_\_\_\_ or store or cooperative extension source \_\_\_\_\_ )

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### **88 words (Bleach and water to sanitize)**

Want a great way to kill harmful bacteria on your kitchen counters? (FX: 9368089 – pick up at @ :28 -- trickling liquid sound) Just one tablespoon of unscented liquid bleach in a gallon of water is all it takes – any more bleach won't necessarily kill more bacteria and it is NOT food safe.

After mixing the bleach into the water, flood countertops with the solution and let stand for a few minutes. Then air dry or pat dry with a clean cloth or paper towels.

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## 91 Words (Washing produce)

Ahhhh, fresh fruits and vegetables (FX: 10664512 – pick up at beginning -- sound of biting into an apple) there's nothing better. But, did you know that you should wash the outside of produce under cool running water EVEN if you're planning to peel it before eating? That's because cutting into a vegetable or fruit could transfer harmful bacteria from the outside to the inside.

Remember, wash your produce under running tap water before you cut off the skin because getting sick from something you ate is never a-PEELING.

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## 85 words (Microwave stand time)

When the microwave says (FX: 6249403 – pick up at @ :16 sec mark -- BEEP! BEEP! BEEP! ) it does NOT mean your food is safe to eat.

Always let microwaved food stand for the time recommended on the package instructions.

Stand time is not optional and it's NOT to let the food cool down. Stand time is part of the microwave cooking process. That's because stand time lets food reach the internal temperature that kills harmful bacteria. Follow package instructions, and use a food thermometer.

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