MYTH: Putting chicken in a colander and rinsing it with water will remove bacteria like salmonella.

FACT: Rinsing poultry in a colander will not remove bacteria. In fact, it can spread raw juices around your sink, onto your countertops, and onto ready-to-eat foods. Bacteria in raw meat and poultry can only be killed when cooked to a safe internal temperature, which for poultry is 165° F, as measured with a food thermometer. Save yourself the messiness of rinsing raw poultry. It is not a safety step and can cause cross-contamination!

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Week’s Highlight Message:
SEPARATE - Don’t cross-contaminate!

Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat foods.