Partnership for Food Safety Education
www.fightbac.org
Mythbusters reveals facts behind common myths about food handling practices in the home.
MYTH: I use bleach and water to sanitize my countertops and the more bleach I use the more bacteria I kill.
FACT: There is no advantage to using more bleach. In fact, overuse of bleach can be harmful because it is not safe to consume.
Rule of Thumb:

➢ To make a sanitizing solution: 1 T liquid bleach to 1 gallon water

➢ Flood countertops with solution, let stand, then air dry or wipe dry.
MYTH: I don’t need to wash my produce if I am going to peel it.
**FACT:** If you peel or cut produce without washing it first, bacteria could be transferred to the part you eat.
Rule of Thumb:

➢ Wash produce under cool running water, and rub firm skinned produce with produce brush.

➢ Never use detergent or bleach to wash produce.
MYTH: The stand time recommended for microwaveable foods is optional ... it’s just so you don’t burn yourself.
**FACT:** Stand time is not about cooling microwaved food, but rather it is an important part of the cooking process.
Rule of Thumb:

➢ Stand times bring food to safe minimum internal temperature.

➢ Always follow package directions, know your microwave’s wattage, & use a food thermometer.
MYTH: Leftovers are safe to eat until they smell bad.
FACT: The types of bacteria that cause foodborne illness do not affect the taste, smell, or appearance of food.
Rule of Thumb:

➢ Freeze or toss refrigerated leftovers within 3-4 days even if they smell and look fine.

➢ If you’re not sure how old leftovers are, remember, when in doubt, throw it out!
So remember...
For sanitizing kitchen counters ...

Remember!
Be a PEACH... go easy on the BLEACH!

1 T to 1 Gallon

2010 Partnership for Food Safety Education
Remember!
Always thoroughly wash the outside of fresh produce before cutting into it or removing the skin or rind.
Does NOT mean it’s safe to eat

... Remember!
After microwaving, let food stand for the recommended time.
Remember!
SMELL CAN’T TELL ... if your food is safe to eat.
Optional credit “for more information”... cut out this box if not used.