Mythbusters reveals facts behind common myths about food handling practices in the home.
Myth

Freezing foods kills harmful bacteria that can cause food poisoning.

2011 Partnership for Food Safety Education
Although freezing food does prevent bacteria from multiplying, the only way to kill bacteria is to cook food to the proper temperature.
Rule of Thumb

• When food is thawed, bacteria can still be present
• Always use a food thermometer to measure the temperature of cooked foods
Myth

eat a vegetarian diet, so I don’t have to worry about food poisoning.
Fruits and vegetables may carry a risk of foodborne illness just like any other food.
Rule of Thumb

• In order to reduce your risk of contracting food poisoning, make sure you follow the four steps of keeping food safe: clean, separate, cook and chill.
Myth

Plastic or glass cutting boards don’t hold harmful bacteria on their surfaces like wooden cutting boards do.
Fact

Any type of cutting board can hold harmful bacteria on its surface.

Every cutting board should be washed and sanitized after each use.

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Rule of Thumb

- Plastic, glass, granite, and hardwood cutting boards are dishwasher safe.
- Wooden cutting boards do not hold up well in the dishwasher and should be hand-washed.
- Cutting boards should be discarded after becoming excessively worn or developing hard-to-clean grooves.
Myth

Locally grown, organic foods will never give me food poisoning.
Fact

Any food, whether organic or conventional, could become unsafe with illness-causing bacteria at any point during the chain from farm to table.
Rule of Thumb

• Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten

• Do not use soap, bleach, or detergent to wash produce

• Packaged fruits or vegetables that are labeled “ready-to-eat” or “washed” do not need to be re-washed
So remember...
Frozen foods taste extra good,
when you cook them like you should!
Organic and conventional foods are both great, as long as you clean, cook, chill and separate!
Fruits and veggies are healthy treats, be sure to wash them before you eat!
Regardless of the cutting board you choose, make sure to clean after it's been used!
The Partnership’s mission is to end illness and death from foodborne infection. For more information, please visit our website:

www.fightbac.org