

THE DO'S & DON'TS OF TOUCH AND TEMP TO KEEP FOOD SAFE



THINK BEFORE YOU RINSE

Rinsing poultry increases the chances of spreading raw juices around your kitchen. Remember, cooking to 165 °F is the **ONLY** way to kill bacteria.

HOME STORAGE OF POULTRY⁵

Product	Refrigerator 40 °F (4.4 °C) or below
Fresh Poultry	Maximum 2 days
Cooked Poultry	Maximum 4 days

- For safety and quality it is best to buy poultry products before the sell by date marked on the package. Freeze or prepare fresh poultry within 2 days.
- Store cooked leftovers in the refrigerator or freezer in air-tight containers labeled with product name and date prepared. Consume within 4 days if not frozen.



Partnership for Food Safety Education
We develop and promote effective education programs to reduce foodborne illness risk for consumers.

www.fightbac.org

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1. Center for Food Safety and Applied Nutrition. "People at Risk of Foodborne Illness - Food Safety for Older Adults." U.S. Food and Drug Administration Home Page. Center for Food Safety and Applied Nutrition, Sept. 2011.
 2. "Estimates of Foodborne Illness in the United States." Centers for Disease Control and Prevention. 15 July 2016.
 3. Chen Yingxi, Glass Rathryn, Liu Bette, Hope Kirsty, and Kirk Martyn. Foodborne Pathogens and Disease. December 2016
 4. "Campylobacter." Centers for Disease Control and Prevention. 03 June 2014
 5. "Chicken from Farm to Table." USDA Food Safety and Inspection Service. 24 Mar. 2015.

Don't



WING IT

PRACTICE SAFE POULTRY HANDLING



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WHY YOU SHOULD PRACTICE SAFE POULTRY HANDLING

After the age of 75, many adults have weakened immune systems, increasing the risk of contracting foodborne illness from germs like *Salmonella* and *Campylobacter*.

Foodborne illness usually causes a stomach ache, and in some cases it can lead to kidney failure or other chronic long-term health problems.

In 2014, chicken was linked to 23 outbreaks, and is the food category responsible for the second-largest number of foodborne illnesses. Contaminated food sickens nearly 48 million people in the United States every year—that's 1 in 6.²

Hospitalization from *Salmonella* infection increases with age, with elderly males at the highest risk of infection-related hospitalization.³



Even one drop of raw poultry juice could contain enough *Campylobacter* to cause illness.⁴



- Use a food thermometer to ensure that foods are cooked to a safe internal temperature.
- Check the temp just before food is expected to be “done.”
- Place food thermometer in the thickest part of food, making sure not to touch bone, fat or gristle.
- Clean food thermometer with hot, soapy water after each use.



SAFELY COOKING POULTRY IS A MATTER OF TEMP. Poultry must reach an internal temperature of 165 °F to kill bacteria that can cause foodborne illness.

THE DO'S & DON'TS OF TOUCH AND TEMP FOR SAFE POULTRY HANDLING


DON'T TOUCH

IN STORE:

-  **DISINFECT YOUR SHOPPING CART HANDLE**
Use disinfectant wipes on surfaces, especially handlebar and child seat.
-  **PLACE POULTRY IN PLASTIC BAG**
Use plastic bags provided at meat counter to help avoid cross-contamination.





Cover your hand with a plastic grocery bag when grabbing raw poultry from the meat case!

-  **USE HAND SANITIZER**
Use hand sanitizer after touching raw and packaged poultry if soap and water are not available.



DON'T TOUCH

AT HOME:

-  **PLACE IN THE FRIDGE OR FREEZER**
Keep poultry in plastic bag and place on a low shelf to prevent leakage from contaminating other foods.
-  **WASH HANDS BEFORE AND AFTER HANDLING**
Use warm water and soap to clean hands and surfaces that have potentially come in contact with poultry or its juices.

CHECK TEMP

AT HOME:

-  **THAW IN THE FRIDGE**
Keep poultry at or below 40 °F when thawing.
-  **USE A FOOD THERMOMETER**
Cook poultry to a safe temperature of 165 °F to kill harmful bacteria.