



Partnership for  
Food Safety  
Education



# Breaking Through Food Safety Barriers & Myths

# Welcome from PFSE



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# Today's Line Up

- **Welcome / Housekeeping** with Shawnte Loeri, Partnership for Food Safety Education
- **Poultry Handling Research** with Dr. Jennifer Quinlan, Drexel University
- **“Don’t Wash Your Chicken”** with Adrian Aguirre, New Mexico State University
- **NEW! Shareable Resources for BAC Fighter Outreach** with Melissa Wyatt, MS, MA, and Shawnte Loeri, Partnership for Food Safety Education

# Housekeeping



Join the chat! Or send a question during the webinar.

After the webinar, you'll receive a brief survey. Please complete it.



**Help us improve!**



# Continuing Education Units

One-hour CEU available from ANFP, CDR, NCHEC & NEHA

- Download certificates from chat box
- Follow-up email
- Download at [fightbac.org](http://fightbac.org) under “Free Resources” tab and “Recorded Webinars”
- Educators seeking NCHEC must complete online questionnaire by **October 11**

# About the Partnership

**We're an active network of...**

- 13,000 health and food safety educators
- 40+ Partner organizations
- Federal liaisons (CDC, FDA, USDA)

All working together to advance trusted, consistent, science-based behavioral health messaging.



# Did You Know?

## Every year in the United States...

- 1 in 6 people (or 48 million people) get sick from foodborne illness, commonly called food poisoning
- 128,000 are hospitalized
- 3,000 die from eating contaminated food

Following simple food safety steps can help prevent foodborne illness and the spread of germs.



# Poll Question #1

**Which is the most popular reason why consumers still wash chicken?**

1. Belief that they won't get sick
2. No splashing when wash chicken
3. Sink and counter surfaces will be cleaned after
4. Chicken has dirt or goo that must be washed off
5. Tastes better after cleaning





# Don't Wash Your Chicken: The Importance of the Use of Behavioral Theories and Formative Research to Inform Food Safety Education Messages

Jennifer J. Quinlan, Ph.D., Professor and Interim Chair, Dept. of Nutrition Sciences



# Traditional Health Education Messages

- Scientists determine what behavior is “best”
  - Epidemiology
  - Clinical research
  - Lab research



# Traditional Health Education Messages

- Tell people what to do for their health
  - Don't smoke
  - Eat “five a day”
  - Cook raw beef to 160 °F





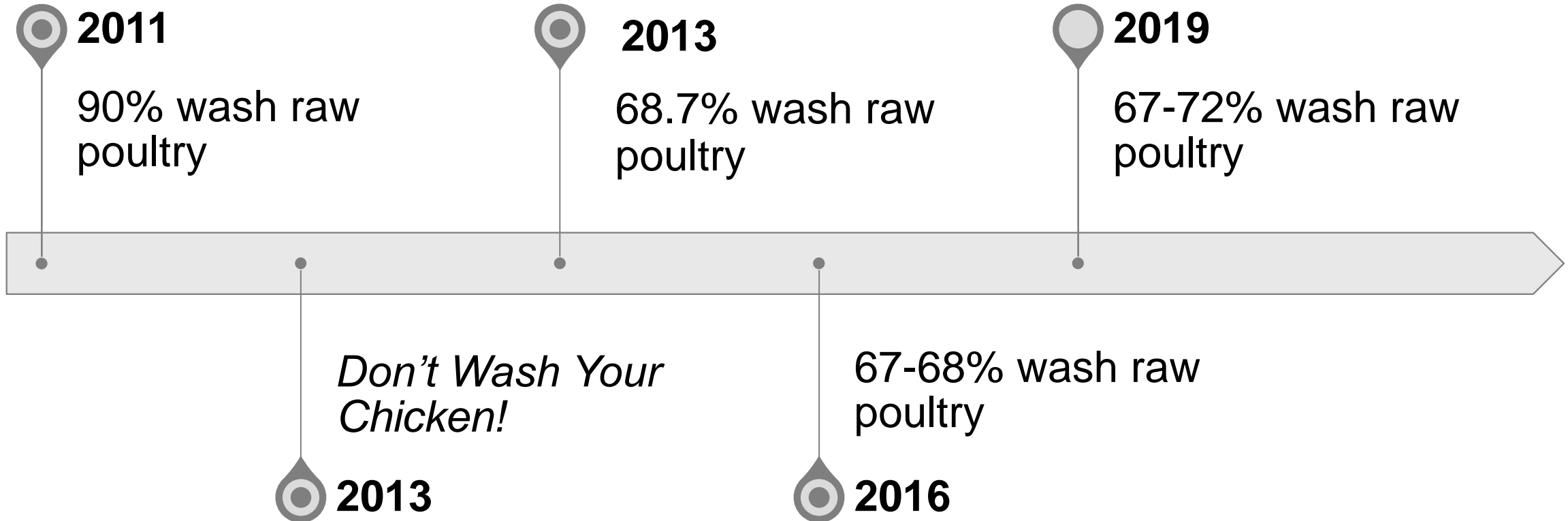
# Health Behavior Models and Theories

- Attempt to explain why individuals and communities behave the way they do
- Can help planners design effective health promotion programs





# Washing Poultry After 2013 Education Campaign







# **Don't Wash My Poultry?! – Identifying Barriers to Consumers Adopting Safe Food Handling Practices**

Agriculture and Food Research Initiative Grant #2019-69008-29908  
from the USDA National Institute of Food and Agriculture



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College of  
Nursing and  
Health Professions



# What Should the Next Iteration of the “Don’t Wash Your Chicken” Message Look Like?

## Formative Research

- Surveys
  - Assess what people know about the message
- In-Depth Interviews
  - Understand why some consumers are “resistant” to the message





# Survey Research – Objectives

- Determine the current frequency with which consumers wash raw poultry
- Determine if consumers are aware of the recommendation to not wash raw poultry
- Identify common barriers that prevent consumers from not washing raw poultry





# Survey

- Survey administered September 18–19, 2020
- SurveyMonkey® Contribute member pool
- Ages 18+ in the United States
- Purchased panel of 2,000 respondents representative of the U.S. Population





# Survey Results

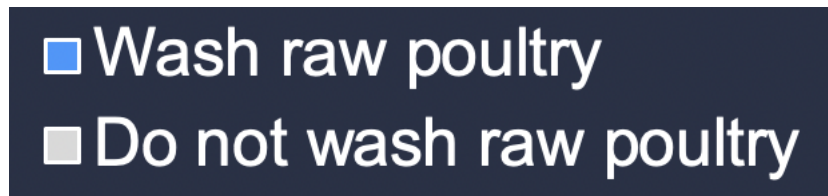
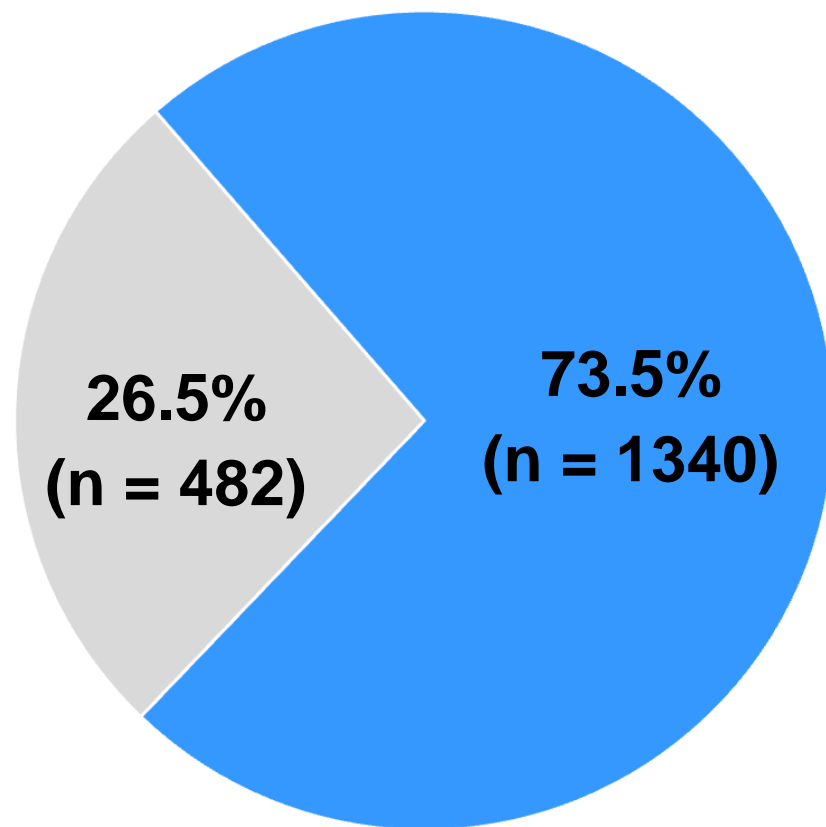
- 2,193 responses
- 317 lost to screener question (Don't prepare raw poultry)
- 54 lost to lack of engagement/completion
- 1,822 eligible responses for data analysis







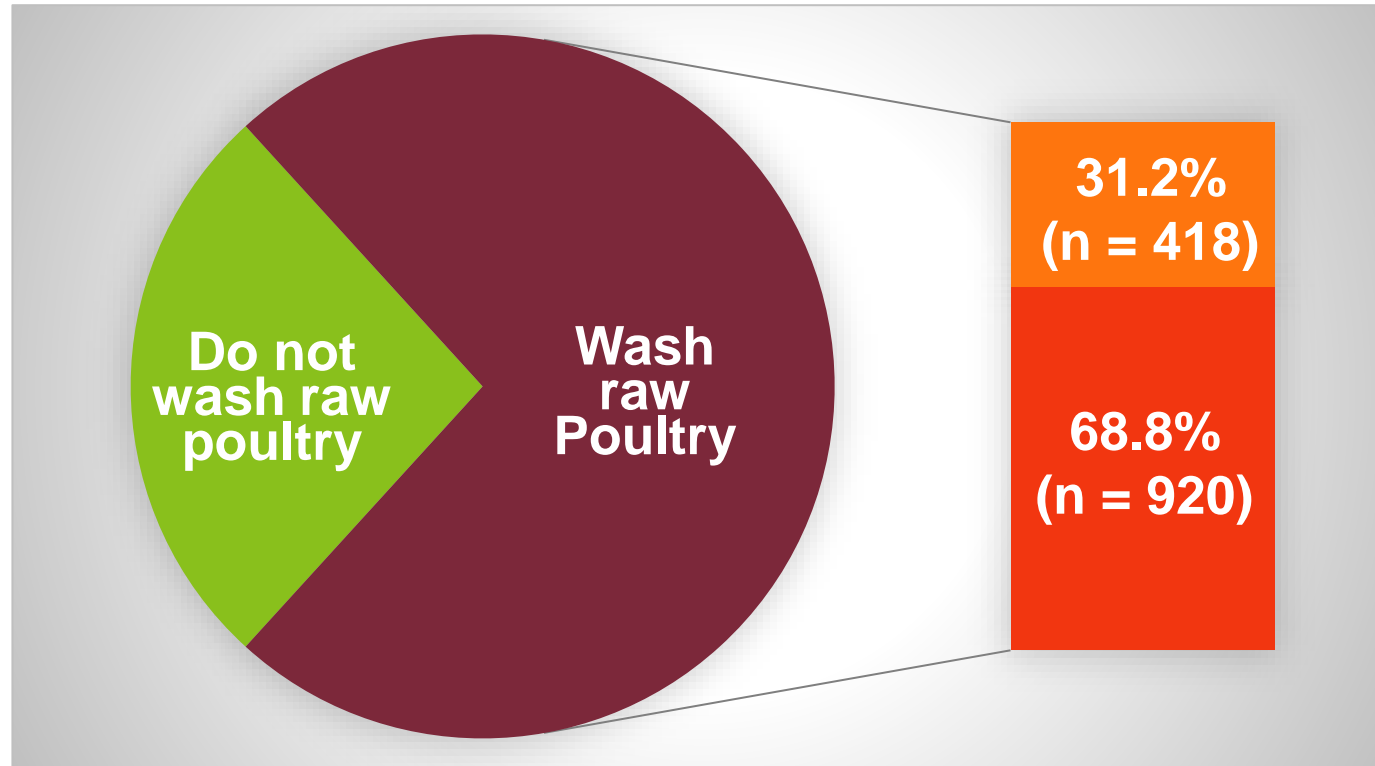
# Frequency of Washing Raw Poultry



n = 1822



# Aware of the message to not wash raw poultry



Aware of the message

Unaware of the message





# Respondents presented with the USDA Message

## Washing Meat and Poultry

One common mistake that consumers make in the kitchen is washing or rinsing their meat or poultry before cooking it. Washing meat or poultry can mean different things to different people: some consumers rinse it under running water or with a strainer, others soak it in containers full of water and some even use saltwater, vinegar or lemon juice to try to “clean” their meat. However, washing raw poultry, beef, pork, lamb or veal before cooking it is not recommended. Bacteria in raw meat and poultry juices can be spread to other foods, utensils and surfaces. We call this cross-contamination.

While washing meat and poultry to remove dirt, slime, fat or blood may have been appropriate decades ago when many slaughtered and prepared their own food, the modern food safety system doesn’t require it. Meat and poultry are cleaned during processing, so further washing is not necessary. Never use soaps or detergents on your meat or poultry products. They can contaminate your food with chemicals and make it unsafe to eat.

Some consumers may wash or rinse their raw meat or poultry because it’s a habit or because a family member they trust has always washed their meat. Just as many people did not wear seatbelts decades ago, we now know from research that wearing seatbelts makes one safer and have changed our habits as a result. **Recent USDA research has found that washing or rinsing meat or poultry increases the risk for cross-contamination in the kitchen, which can cause foodborne illness. It’s time to leave this habit in the past and make washing meat and poultry as outdated as not wearing a seatbelt.**

If you wash meat or poultry, some bacteria can be splashed on the surfaces of your kitchen. Failure to clean these contaminated areas can lead to foodborne illness. Cooking to the right temperature (whether frying, baking, broiling, boiling or grilling) kills germs on meat and poultry, so washing these products is risky and not necessary.

82% reported they were somewhat to very confident that they could change their behavior after reading the message

USDA Food Safety and Inspection Service  
<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/washing-food-does-it-promote-food-safety/washing-food>





## How often do you wash or rinse raw poultry?

n = 417 – This was asked of consumers who *had* heard the message but still washed poultry

	Respondents % (n)
Never	1.9 (8)
Rarely	12.5 (52)
Sometimes	24.5 (102)
Often	22.8 (95)
Always	38.4 (160)





# Solutions to wash raw poultry

n = 414

	Respondents % (n)
<b>Salt</b>	32.9 (136)
<b>Lemon Juice</b>	28.5 (118)
<b>Vinegar</b>	23.2 (96)
<b>Lime Juice</b>	20.8 (86)
<b>Alcohol</b>	14.7 (61)
<b>None of these</b>	41.3 (171)







# Barriers to not washing raw poultry

n = 417

	Respondents % (n)
<b>I clean my sink and counter surfaces well</b>	58.5 (244)
<b>I have never gotten sick</b>	48.4 (202)
<b>I am careful not to splash</b>	47.2 (197)
<b>I need to clean something off the poultry</b>	28.8 (120)
<b>It improves the taste</b>	15.6 (65)






# Conclusions

- Washing raw poultry continues to be prevalent in the U.S.
- A large percentage of consumers are still not aware of the message not to wash raw poultry
- Many of these consumers may easily change their behavior if made aware of the correct behavior
- Some consumers are resistant to the correct behavior

C. Vatrál, A.D. Gilman and J.J. Quinlan. 2022 Evaluation of Consumers Behavior, Knowledge, and Attitudes Around the Message Not to Wash Raw Poultry. J of Food Prot. 85(6), 930-937 <https://doi.org/10.4315/JFP-21-324>



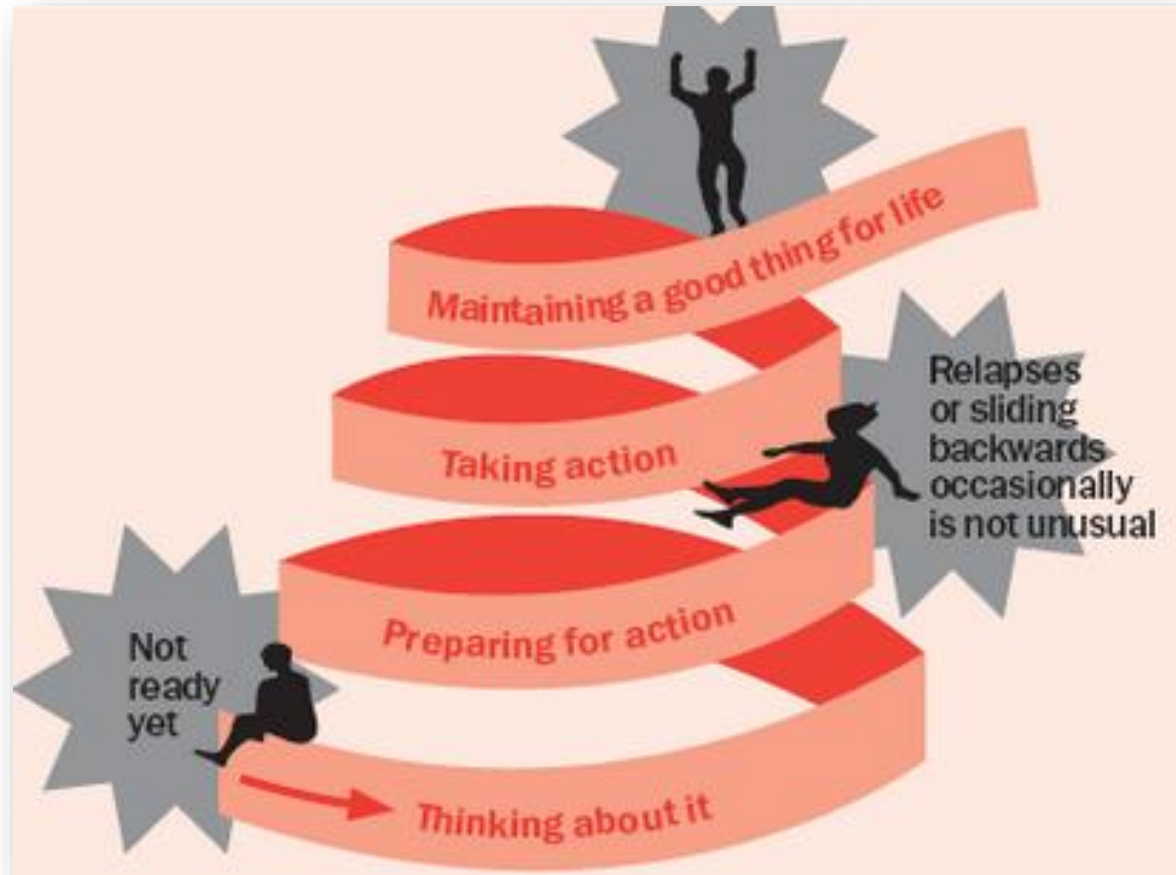


# Formative Research – In-Depth Interviews

- Methods of Behavioral Science-Based Research
  - Qualitative research
  - Exploratory in nature
  - Seeks to identify “phenomena” and “themes”



# Transtheoretical Model of Behavior Change



Maintenance


Action

Preparation

Contemplation

Pre-contemplation





# Formative Research – In-Depth Interviews

- Recruit individuals who were aware of the message to not wash raw poultry, but report not adopting the correct behavior
- Conduct in-depth interviews to better understand consumers' resistance to adopting the correct behavior
- Identify barriers to consumers adopting the correct behavior that can inform next-generation educational materials





# Development of In-Depth Interview Questioning Route

- Each question was categorized into one of four themes:
  - Current Raw Poultry Handling Behaviors
  - Awareness/Knowledge of Correct Behavior
  - Barriers to Acceptance of the Public Health Message
  - Barriers/Facilitators of Behavior Change





# Participant Recruitment and Eligibility

- Participants were recruited by social media advertisement, ResearchMatch, and snowballing
- Recruitment occurred from October 2020 through March 2021
- Eligibility Criteria: (1) Washes or rinses raw chicken when preparing it at home; (2) Aware of the message to not wash chicken; (3) 18+ years of age





## **We're Recruiting!**

**Are you interested in being involved  
in a research study about  
safe food handling practices?**

**Eligible participants can receive a  
\$50 Amazon giftcard**

**EMAIL YOUR NAME AND  
PHONE NUMBER TO  
CHICKEN@DREXEL.EDU**



**DREXEL UNIVERSITY**  
College of  
**Nursing and  
Health Professions**

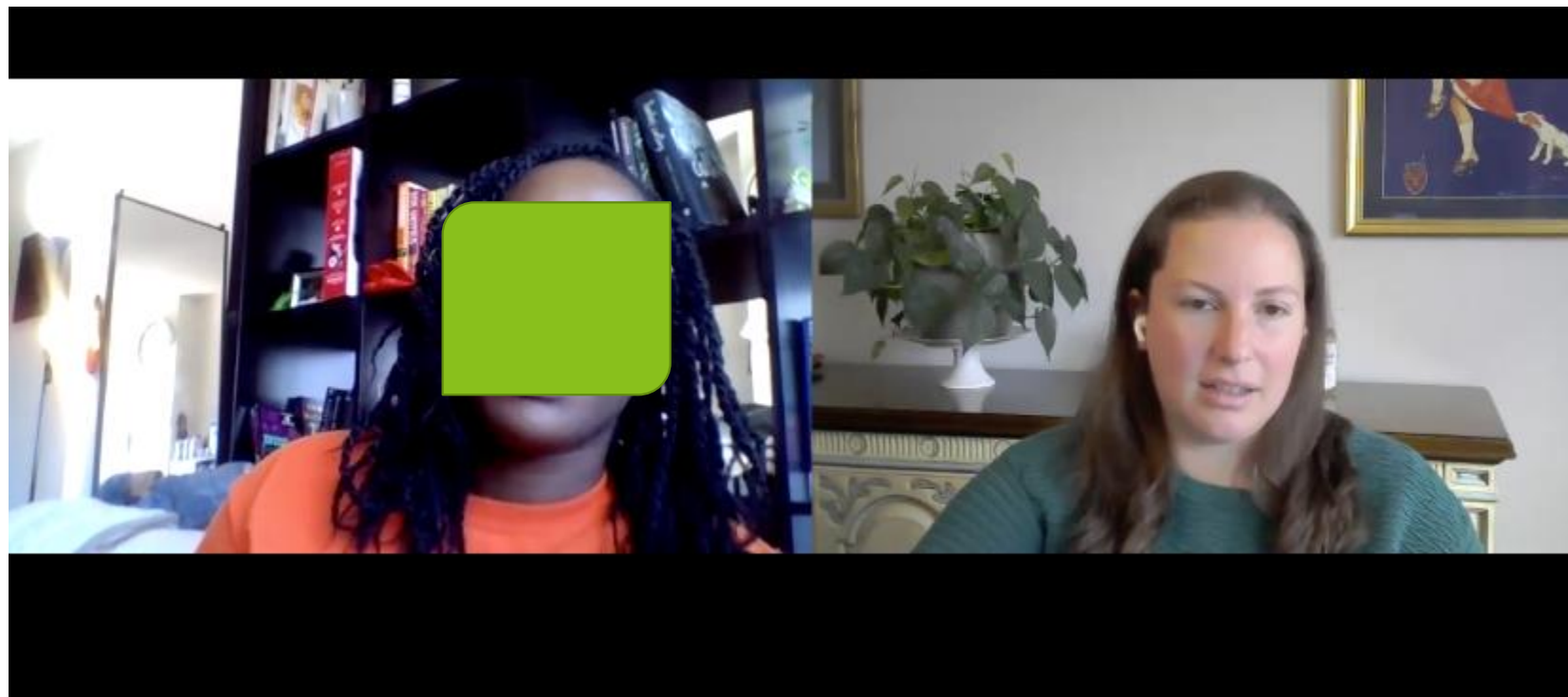




# In-Depth Interviews – Methodology

- Participants were emailed consent information and confirmed participation prior to initiating the recorded, in-depth interview on Zoom
- Researcher followed a flexible 13-question route for each in-depth interview
- Interviews were completed with 23 people between December 2020 and March 2021
- Each interview lasted between 30 and 60 minutes





Theme	Examples from In-Depth Interviews	
<b>Washing and Cooking Influence</b>	And I learned it from my parents, my mom and dad. And I usually just watch them and then follow along with them. Participant 11	I learned how to cook from YouTube. My mother is a phenomenal cook, but it's all fattening food. Participant 8
<b>Control</b>	That's why I go and I just I just do a clean for my own. For my own. For me to feel good about it. And then I proceed on. Participant 14	I do wash it and I do sort of clean off that extra stuff just to...you know...feel better about eating it. Participant 16
<b>Lack of Trust</b>	So, for this random person that I don't know to tell me that they rinsed my chicken. How can I trust you? Participant 10	What I've seen go on in restaurants is like, people don't always have sense, like there's normal practices that you know are encouraged by restaurants, but I know first-hand from working for like over 20 years that they're not always carried out. Participant 19
<b>Habits</b>	But the thing is, I've been doing it my whole life for 30 some years. I've never had [foodborne illness]. Participant 8	I just don't think to do it 'cause, you know, I'm 66 years old. Participant 20





# Questions/Comments Consumers Had

- Why should I change if this is the way my mother/grandmother did it?
- What's that "goo"? I need to get it off!
- How do I keep my family safe?
- Lack of trust – I need control to make sure it's safe





# Results

- Most participants were willing to learn more about the safe handling of raw chicken
- The long-standing habit of washing chicken and having a sense of control over the cooking preparations were the primary reasons for continuing to wash raw chicken





# Results

- Future message development should highlight the scientific evidence supporting the recommendation, elaborate the reasoning behind the message, and provide alternative behaviors

Gilman, A.D., S.C. Henley and **J.J. Quinlan**. 2021. Understanding Barriers to Consumers to Stop Washing Raw Poultry through In-Depth Interviews. British Food Journal. <https://doi.org/10.1108/BFJ-07-2021-0837>





# Message Development

- Used the Iterative Process
- Input from Stakeholders
  - BAC Fighters/PFSE
  - Academics
  - Health educators
  - USDA/CDC







## Results







# Acknowledgments

- Partnership for Food Safety Education
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# Thank you!

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# Don't Wash Your **CHICKEN!**

## Video Campaign



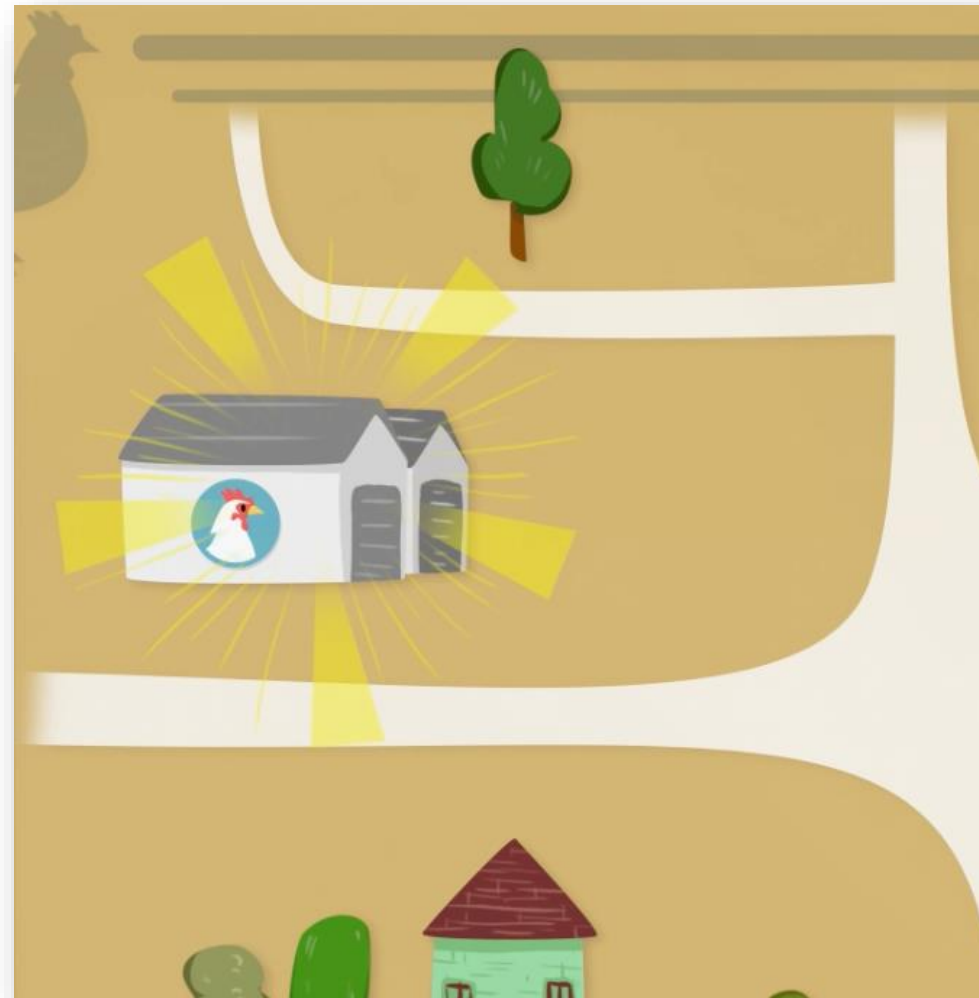
Learning  
Games  
Lab

Adrian Aguirre  
[learninggameslab.org](http://learninggameslab.org)



# Goal

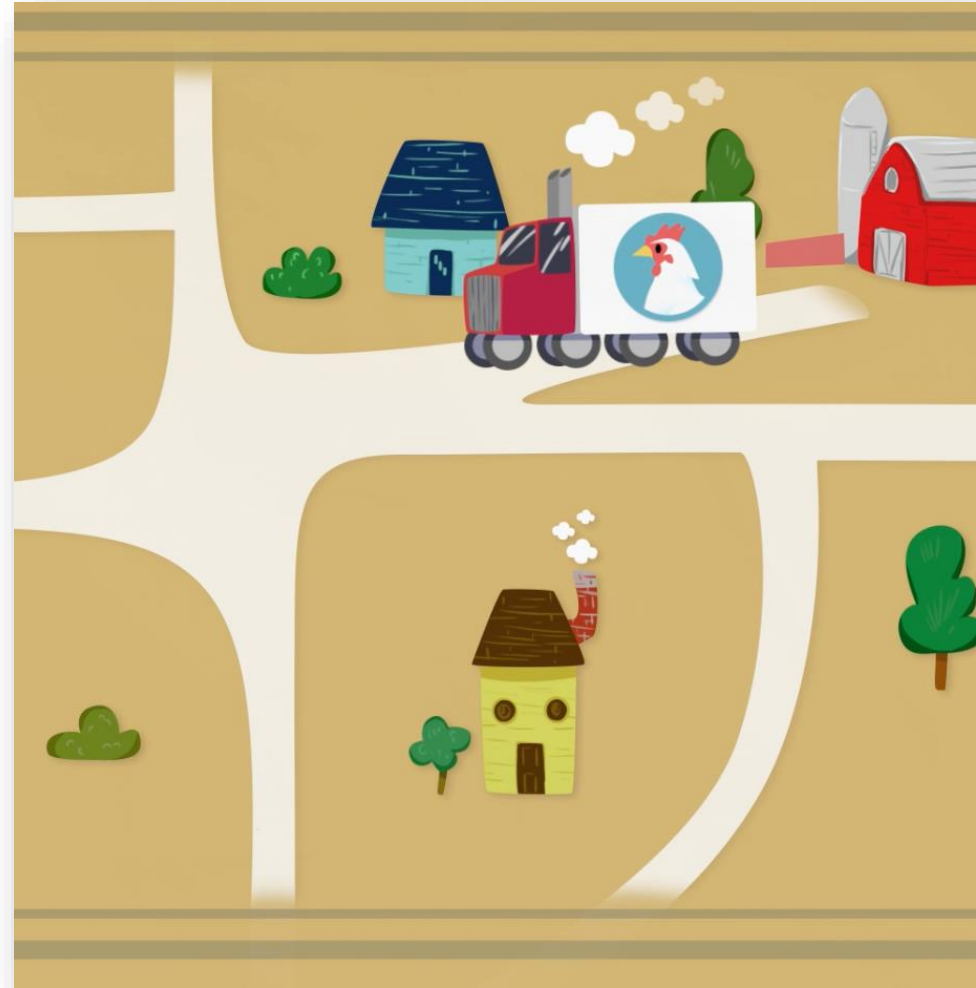
Change consumer behavior by communicating key issues related to washing raw chicken.



# Design Approach

## Identify:

- Audience – who it is and who it isn't
- Message strategies for creating the desired changes





# Audience

## Younger generations:

- Open to change
- Likely to share with older generations



# Desired Changes

- Understand that **rinsing doesn't remove pathogens – it spreads them**
- Understand that **the amount of contamination from splatter and aerosolization is invisible and hard to sanitize**



# Desired Changes

- Understand that **slime/goo is not harmful** and that instead of rinsing you can dry the chicken with a paper towel
- Know that **cooking to 165°F is what kills pathogens**





# Desired Changes

- Understand that **high-risk populations are more susceptible to serious foodborne illnesses**
- Understand that processed chicken is **now pre-rinsed**, and that **habits for washing the chicken were formed at a different time**



# Communication Goals

- **Visualize contamination both from splatter and aerosolization** to help explain that even if you clean afterward, you may miss contaminated areas
- **Reinforce the message that cooking to 165°F is what's most important**

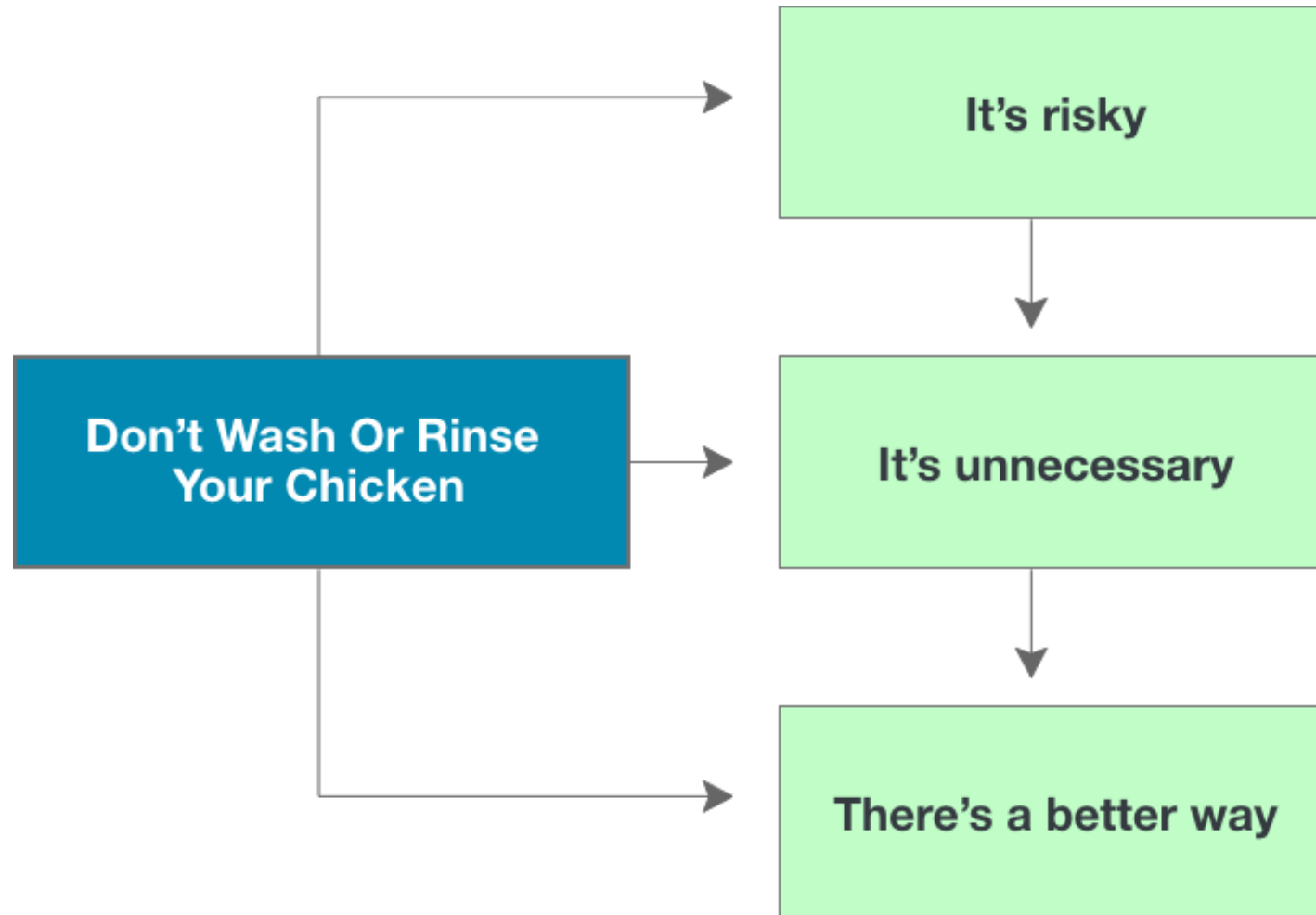


# Communication Goals

- Remind viewers of the **risk of contamination**, particularly for vulnerable populations.
- Show how the **alternative is manageable and doable**
- Explain **why washing was done in the past**

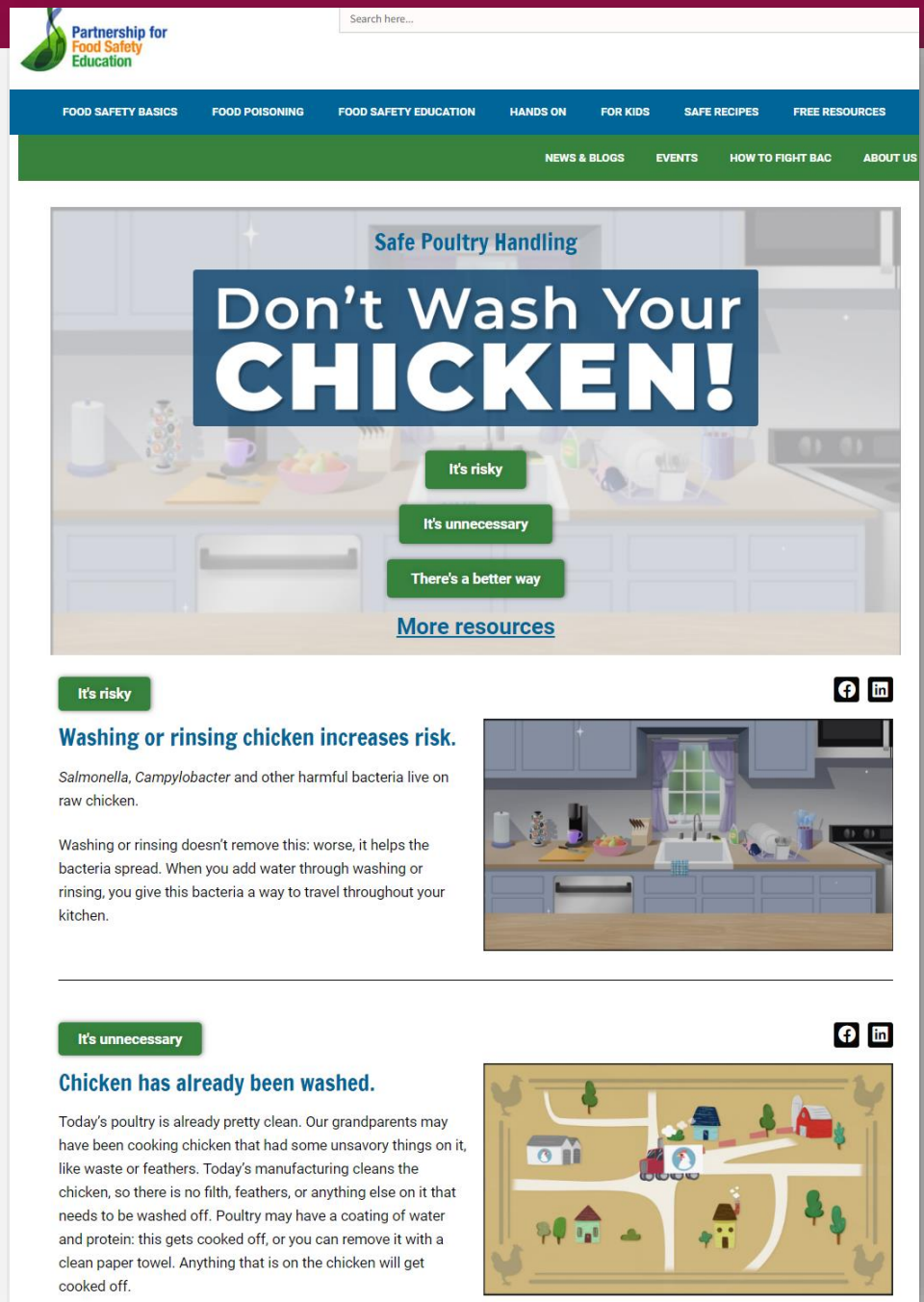


# Key Messages



# Communication Strategies

- **Social media campaign** to reach a younger audience
- **Easily shareable** content and toolkit
- **Surprising, catchy message** to grab audience's attention
- **Landing webpage** tied to the social media campaign  
[www.fightbac.org/poultry](http://www.fightbac.org/poultry)



# Social Media Toolkit

- Guide for creating social media posts
- Several sample messages with images
- List of PFSE social media channels and hashtags

## Image



## Text

@Mentions

#Hashtags

Avoid cross-contamination! Anything that touches raw chicken should be kept separate from other foods and tools.

More tips from @FightBAC

#KitchenTips #ChickenDinner

## Accessibility




ALT TEXT:

Keep them apart. Raw meat and raw tomatoes on two different cutting boards.



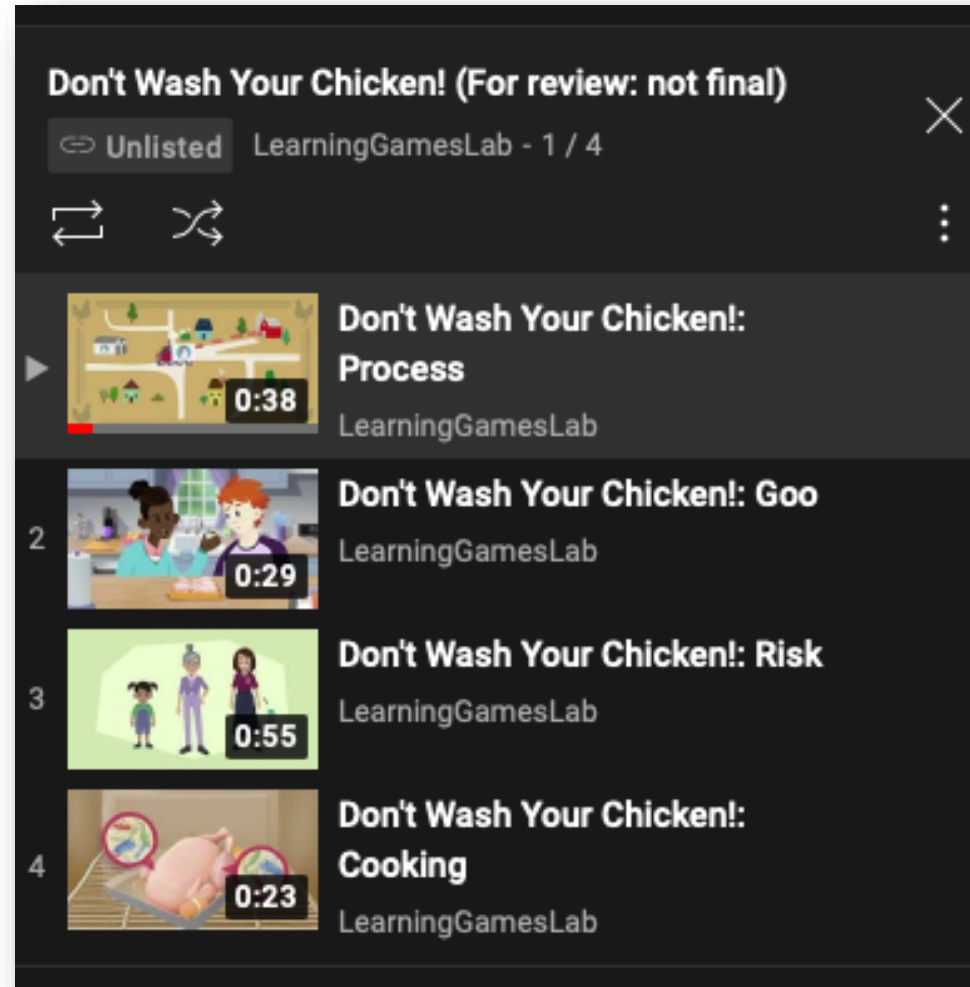
# Production

1. Script
2. Storyboard
3. Animatic
4. Draft Animation
5. Focus Group Testing w/  
BAC Fighter Ambassadors
6. Animation Final

2		Meals are prepared, drinks are poured and spilled, and there's always plenty to clean and wash.
3		
4		However, rinsing raw poultry contaminates your kitchen with harmful bacteria like Salmonella,
5		Bacteria is aerosolized with water when you rinse your chicken, which means that bacteria can travel beyond what you can see.

# Testing Goals

- The videos are clear and easy to understand.
- The videos accurately portray food safety practices/scenarios and flag any concerns.
- The videos provide a good understanding of the "why" behind the guidance.
- General impressions and unexpected consequences.





# “Risk”



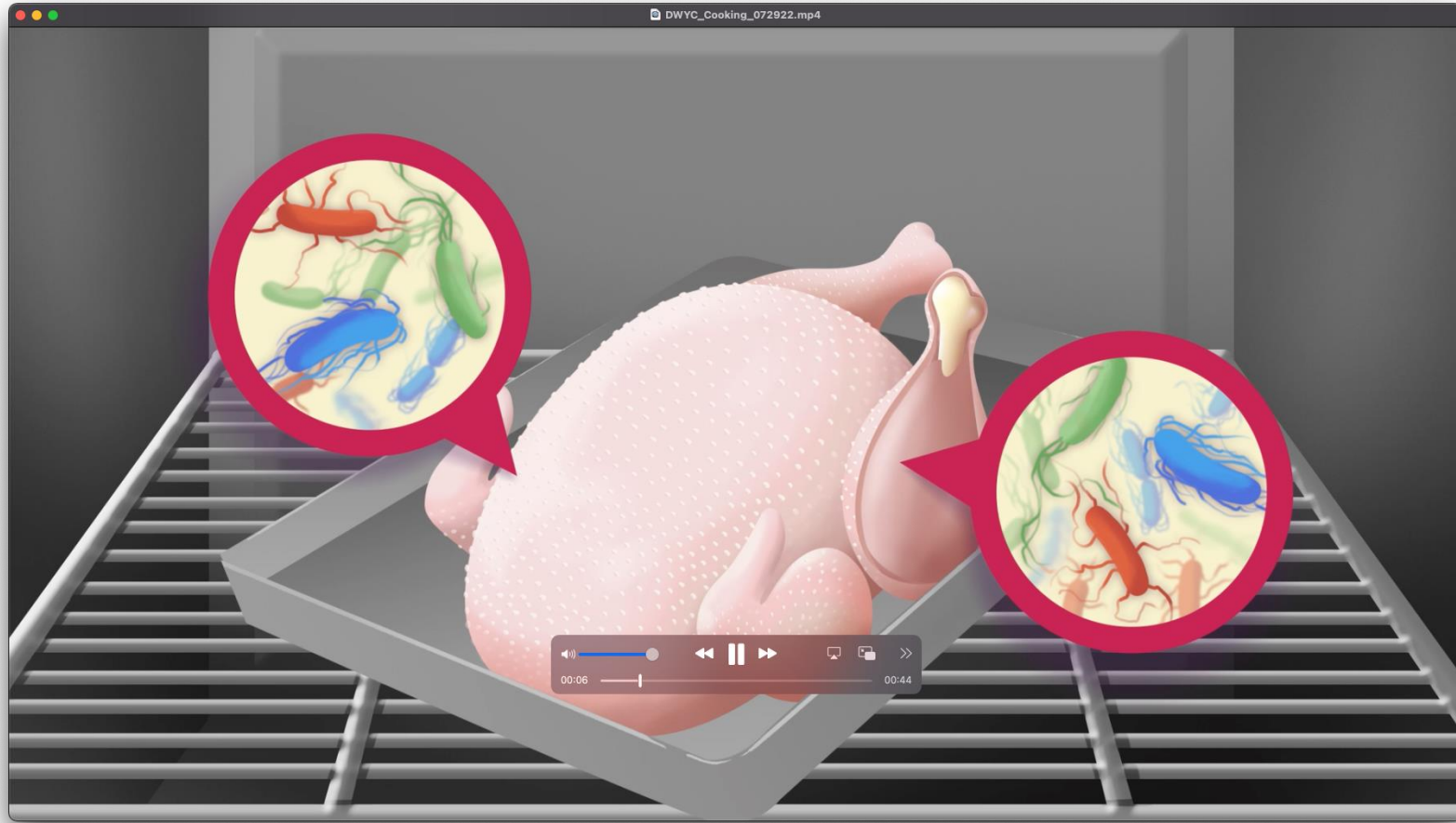
# “Processing was a little different”



# “What’s that goo?”



# “Cook to 165°F”



# Poll Question #2

Which resources are most helpful in your food safety education outreach?

1. Brochures
2. Flyers
3. Kids activities
4. Social media graphics
5. Videos

# Guest Speaker



**Melissa Wyatt, MS, MA**  
BAC Fighter Ambassador

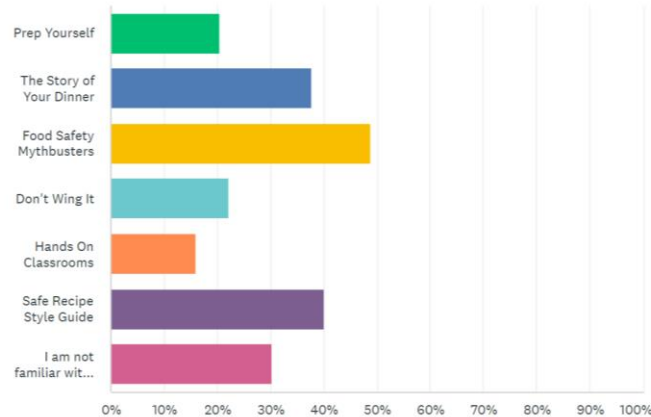
Food & Nutrition Professional



# Popular Fight BAC! Resources

Which of the following Partnership/Fight BAC resources are you familiar with?  
(check all that apply)

Answered: 570 Skipped: 0



ANSWER CHOICES	RESPONSES
Prep Yourself	20.53% 117
The Story of Your Dinner	37.72% 215
Food Safety Mythbusters	48.77% 278
Don't Wing It	22.28% 127
Hands On Classrooms	15.96% 91
Safe Recipe Style Guide	40.18% 229
I am not familiar with any of these resources	30.18% 172
Total Respondents: 570	

## MYTH:

"Cross contamination doesn't happen in the refrigerator -- it is too cold in there for germs to survive!"

HOME FOOD SAFETY  
MYTHBUSTERS

## FACT:

Some bacteria can survive and even grow in cool, moist environments like the refrigerator.


In fact, *Listeria Monocytogenes* grows at temperatures as low as 35.6°F! A recent study from NSF International revealed that the refrigerator produce compartment was one of the "germiest" places in the kitchen, containing *Salmonella* and *Listeria*.

- ✓ Keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs.
- ✓ Clean your refrigerator regularly with hot water and soap and clean up food and beverage spills immediately to reduce the risk of cross-contamination.
- ✓ Don't forget to clean refrigerator walls and undersides of shelves!

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Education  
www.fightbac.org

# Meat & Poultry

**FOOD SAFETY MYTHBUSTERS**




**MYTH:** The “slime” or “goo” on my raw chicken needs to be rinsed off before cooking.

**FACT:** Rinsing raw chicken can spread harmful bacteria around your kitchen and onto ready-to-eat foods. The “slime” or “goo” on the outside of raw chicken will go away during the cooking process. Poultry should be cooked until the internal temperature reaches 165°F on a digital food thermometer.

[fightbac.org/mythbusters](http://fightbac.org/mythbusters)

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**FOOD SAFETY MYTHBUSTERS**



**MYTH:** Rinsing raw chicken with water will remove bacteria like Salmonella.

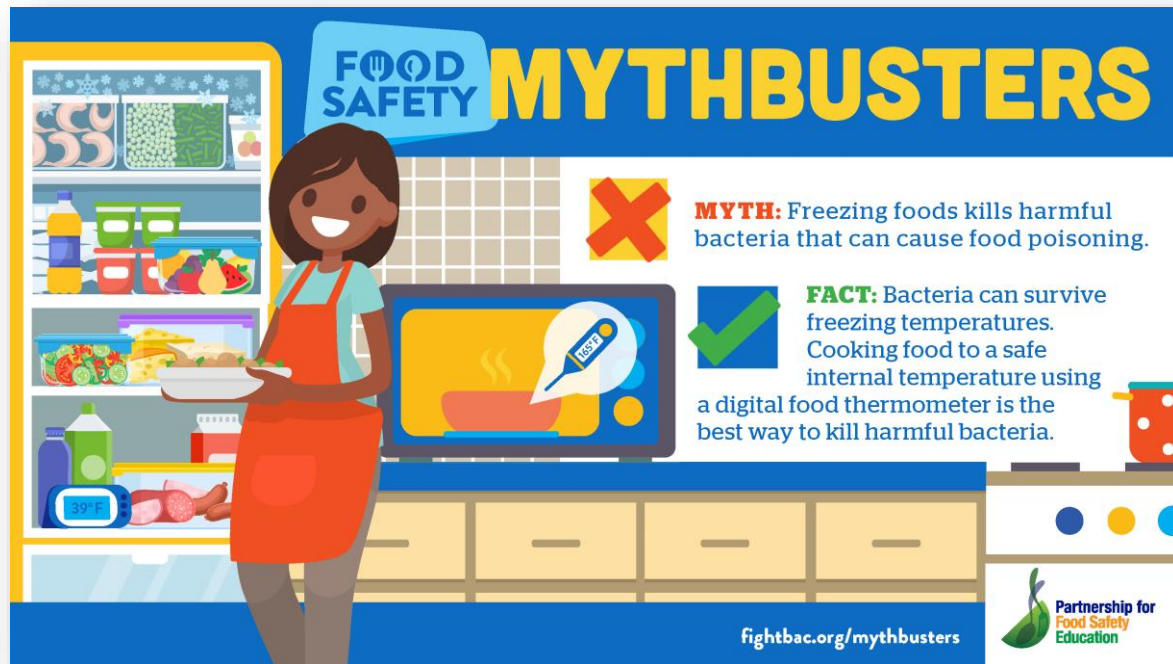
**FACT:** Rinsing raw chicken will not remove bacteria. In fact, it can spread harmful bacteria around your sink, onto your countertops, and onto ready-to-eat foods. To kill harmful bacteria, poultry should be cooked until the internal temperature reaches 165°F on a digital food thermometer.

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# Fridge & Freezer



**FOOD SAFETY MYTHBUSTERS**

**MYTH:** Freezing foods kills harmful bacteria that can cause food poisoning.

**FACT:** Bacteria can survive freezing temperatures. Cooking food to a safe internal temperature using a digital food thermometer is the best way to kill harmful bacteria.

[fightbac.org/mythbusters](http://fightbac.org/mythbusters)

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**FOOD SAFETY MYTHBUSTERS**

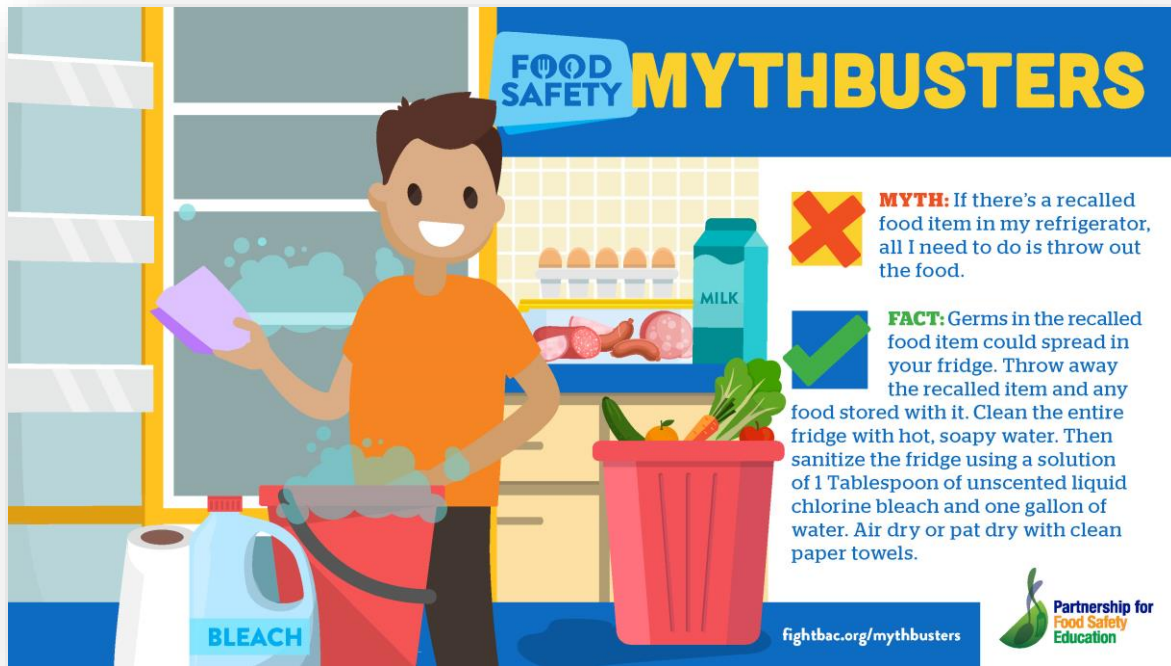
**MYTH:** It's safe to thaw my frozen food on the kitchen counter because I'm going to cook it right away.

**FACT:** Food must be kept at a safe temperature during thawing. There are three safe ways to thaw food: (1) in the refrigerator, (2) in cold water, and (3) in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

[fightbac.org/mythbusters](http://fightbac.org/mythbusters)

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# Clean & Sanitize



**FOOD SAFETY MYTHBUSTERS**

**MYTH:** If there's a recalled food item in my refrigerator, all I need to do is throw out the food.

**FACT:** Germs in the recalled food item could spread in your fridge. Throw away the recalled item and any food stored with it. Clean the entire fridge with hot, soapy water. Then sanitize the fridge using a solution of 1 Tablespoon of unscented liquid chlorine bleach and one gallon of water. Air dry or pat dry with clean paper towels.

[fightbac.org/mythbusters](http://fightbac.org/mythbusters)

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**FOOD SAFETY MYTHBUSTERS**

**MYTH:** I don't need to clean my refrigerator produce bin because it only holds fruits and vegetables.

**FACT:** Refrigerator produce bins may contain *Salmonella*, *Listeria*, yeast and mold. Each month, clean the produce bin with hot, soapy water. Then sanitize the bin using a solution of 1 Tablespoon of unscented liquid chlorine bleach and one gallon of water. Air dry or pat dry with clean paper towels.


[fightbac.org/mythbusters](http://fightbac.org/mythbusters)

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# Babies & Toddlers

**FOOD SAFETY MYTHBUSTERS**




**✗ MYTH:** After changing a baby or toddler's diaper, I only need to wash my hands, not the child's hands.

**✓ FACT:** Germs that can cause serious illness can be found in a dirty diaper even when the child is healthy. Wash the child's hands with soap and water for 20 seconds. Rinse the child's hands and dry them with a clean towel. Next, wash and dry your hands following the same steps. If soap and water aren't available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

[fightbac.org/mythbusters](http://fightbac.org/mythbusters)

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**FOOD SAFETY MYTHBUSTERS**



**✗ MYTH:** It's safe to use frozen vegetables to soothe the gums of my teething baby.


**✓ FACT:** Frozen vegetables are a nutritious and convenient option for your teething baby. However, they should first be prepared according to package cooking instructions to ensure food safety. Always follow package cooking or preparation instructions for safety before serving frozen foods.


[fightbac.org/mythbusters](http://fightbac.org/mythbusters)

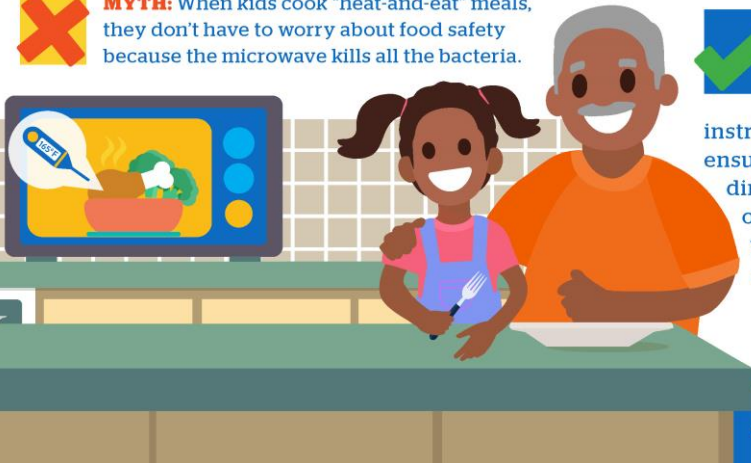
Partnership for Food Safety Education

# Microwave Safety


**FOOD SAFETY MYTHBUSTERS**

 **MYTH:** When kids cook “heat-and-eat” meals, they don’t have to worry about food safety because the microwave kills all the bacteria.


 **FACT:** Kids must be taught how to cook food properly and safely in the microwave. Simple “heat-and-eat” meals come with instructions that need to be followed to ensure safe food. Always follow package directions that advise a “standing time” or rotating and stirring food. Know your microwave’s wattage and use a digital food thermometer to ensure food has reached a safe internal temperature.





[fightbac.org/mythbusters](http://fightbac.org/mythbusters)

 Partnership for Food Safety Education


**FOOD SAFETY MYTHBUSTERS**

 **MYTH:** The “standing time” recommended for microwaveable foods is optional, to prevent me from burning myself.

 **FACT:** The temperature of food can increase several degrees during the “standing time.” Always follow package directions that advise letting the food rest for a few minutes after turning off the microwave or removing food from the microwave. Know your microwave’s wattage and use a digital food thermometer to ensure food has reached a safe internal temperature.




[fightbac.org/mythbusters](http://fightbac.org/mythbusters)


 Partnership for Food Safety Education




# Food Delivery


**FOOD SAFETY MYTHBUSTERS**

 **MYTH:** I don't need to worry about washing my hands or cleaning my counters before handling and eating my delivered food.



 **FACT:** Cleaning surfaces with hot, soapy water can reduce the spread of harmful bacteria in your kitchen. Wash your hands with soap and water for at least 20 seconds before handling and eating delivered food. If soap and water aren't available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

[fightbac.org/mythbusters](http://fightbac.org/mythbusters)



**FOOD SAFETY MYTHBUSTERS**

 **MYTH:** If my food is delivered while I'm at work, I can just put it in the refrigerator when I get home.




 **FACT:** If your perishable food has been left out for more than two hours, throw it away immediately to reduce the risk of food poisoning. Bacteria can multiply rapidly if food is kept in the "danger zone" between 40°F and 140°F for more than two hours. Refrigerate perishable food within two hours (or one hour if exposed to temperatures above 90°F).


[fightbac.org/mythbusters](http://fightbac.org/mythbusters)




# Fruits & Vegetables


**FOOD SAFETY MYTHBUSTERS**

 **MYTH:** I don't need to wash my fresh produce if the skin or rind will be removed.


 **FACT:** Harmful bacteria can spread from the outside to the inside during cutting or peeling. Gently rub fruits and vegetables under cold running water just before eating, even if you plan to cut or peel them. Firm-skinned fruits and vegetables should be scrubbed with a clean brush under running water. Dry fresh produce with a clean paper towel. Never wash fresh fruits or vegetables using bleach or soap because these products are not meant to be eaten.





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**FOOD SAFETY MYTHBUSTERS**

 **MYTH:** There's no harm in rinsing bagged greens and packaged salads for extra safety.

 **FACT:** Rinsing ready-to-eat greens could increase the potential for cross-contamination. Pathogens that may be on your hands or on kitchen surfaces could contaminate your greens and salad. Ready-to-eat greens and salads have been commercially prepared with your safety and convenience in mind. If the package label says "ready-to-eat," "triple-washed," or "no washing necessary," you don't need to wash them again.



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# Spanish Language

**CAZADORES DE MITOS SOBRE SEGURIDAD ALIMENTICIA**

 **MITO:** Mi pollo o pavo está listo y es seguro comerlo cuando ya no está rosado por dentro.

 **REALIDAD:** Ver el color y la textura no es una forma confiable de saber si los alimentos son seguros para comer. La única forma de saber que los alimentos se han cocinado a una temperatura interna segura es usar un termómetro digital para alimentos. Las aves deben cocinarse hasta que la temperatura interna alcance los 165°F en un termómetro digital para alimentos.



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**CAZADORES DE MITOS SOBRE SEGURIDAD ALIMENTICIA**

 **MITO:** Tengo una dieta basada en plantas, así que no tengo que preocuparme por una intoxicación alimenticia.

 **REALIDAD:** Los productos frescos y los alimentos de origen vegetal pueden causar intoxicación alimenticia si no se usan de forma segura. Lávese las manos durante 20 segundos con agua y jabón antes de preparar productos frescos y alimentos de origen vegetal. Enjuague las frutas y verduras frescas con agua corriente justo antes de comerlas y séquelas con una toalla de papel limpia. Siempre siga las instrucciones de cocción o preparación del paquete por seguridad antes de servir alimentos congelados de origen vegetal.



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**CAZADORES DE MITOS SOBRE SEGURIDAD ALIMENTICIA**

 **MITO:** La leche materna no necesita ser refrigerada.

 **REALIDAD:** La leche materna es susceptible a la contaminación y el crecimiento bacteriano si no se manipula y almacena adecuadamente. Dejar un biberón a temperatura ambiente puede aumentar el riesgo de intoxicación alimentaria para su bebé. La leche materna y la fórmula preparada deben refrigerarse a 40°F o menos.



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**CAZADORES DE MITOS SOBRE SEGURIDAD ALIMENTICIA**

 **MITO:** Mis sobras de comida entregada son seguras para comer porque ya han sido cocinadas.

 **REALIDAD:** Todos los restos de comida deben manejarse de manera segura para ayudar a prevenir el riesgo de intoxicación alimenticia. Refrigere los alimentos perecederos dentro de las dos horas (o una hora si se exponen a temperaturas superiores a los 90°F). Use un termómetro para electrodomésticos para asegurarse de que su refrigerador se enfíe a 40°F o menos. Las sobras deben recalentarse a 165°F en un termómetro digital para alimentos y consumirse dentro de tres o cuatro días.



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# Available Now

- 25 social media graphics
- 7 food safety categories
- English and Spanish language
- More resources coming soon!

[www.fightbac.org/mythbusters](http://www.fightbac.org/mythbusters)



# Thank you for your input!

- Judy Dodd
- Adam E. Friedlander
- Mari Schroeder
- Adrienne Seiling
- Atalie Tompkins
- Julie Wood
- Melissa Wyatt





A N Y

QUESTIONS?



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- Only conference in the U.S. dedicated to consumer food safety education
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- Special rate for government, educators, non-profits and students
- Discounted rate until **September 1**

Register online at [cfsec.org](https://cfsec.org)!



# Coming Up!

- National Food Safety Education Month in September
- Global Handwashing Day is October 15
- *The Story of Your Dinner* during holiday season



# Help Us Be Top Rated!

- Go to [GreatNonprofits.org](https://greatnonprofits.org)
- Search: “Partnership for Food Safety Education”
- Leave a brief review
- Takes less than 3 minutes

<https://greatnonprofits.org/org/partnership-for-food-safety-education>





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**\*\*FINAL REMINDER\*\*** Get your CEU certificate!

1. Download certificates from chat box
2. Follow-up email
3. Download at [fightbac.org](http://fightbac.org) under “Free Resources” tab and “Recorded Webinars”
4. Educators seeking NCHEC must complete online questionnaire by **October 11**



# Thank You!

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