Foodborne Illness Outbreaks Are Caused By:

- Allowing food to remain at unsafe temperatures for more than 2 hours. Harmful bacteria grow at temperatures between 40° - $140^{\circ}F$.

- Undercooked food such as hamburgers and eggs

- Improper storage of food

- Unclean and unsanitary food preparation equipment and surfaces

- Poor personal hygiene

- Failure to wash hands before handling food

How to Prevent Foodborne Illness

- Wash your hands often.
  Always wash your hands after:

  Using the bathroom

  Touching raw food

  Diapering

  Coughing, sneezing, blowing nose

  Touching parts of your body such as
  ears, nose, mouth, hair

  Touching unclean equipment or surfaces

- Keep hot food hot (above 140°F)*

- Keep cold foods cold (below 40°F) *

- Clean and sanitize food preparation and
  eating surfaces

*Contact you State or local health department for possible
variations in temperature guidelines.

Handwashing

Use SOAP and RUNNING WATER

RUB your hands vigorously

WASH ALL SURFACES, including:
    backs of hands
    wrists
    between fingers
    under fingernails
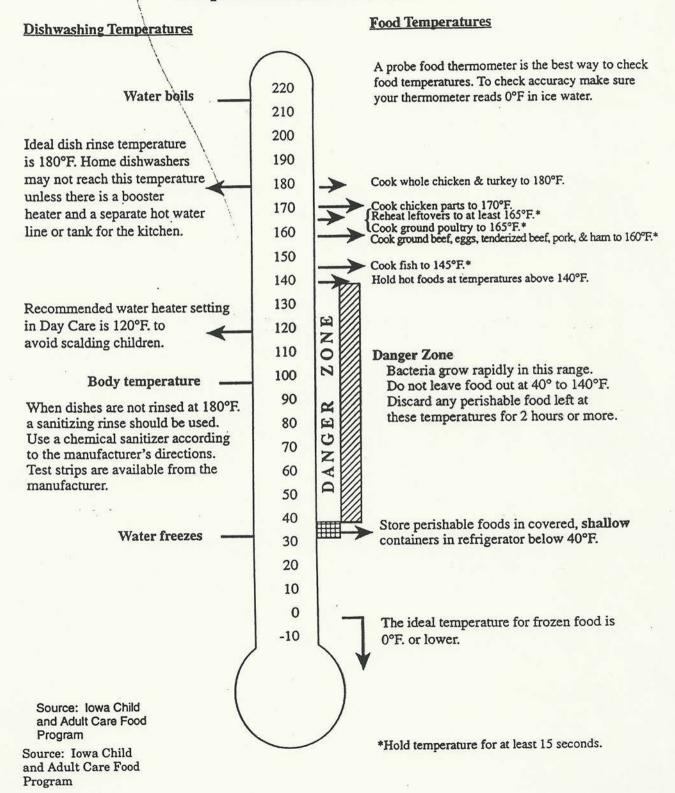
RINSE with running water

DRY hands with a paper towel

Turn off the water using a PAPER
TOWEL instead of bare hands

Temperature Guide for Safe Food

Dishwashing Temperatures

Water boils

Ideal dish rinse temperature is 180°F. Home dishwashers may not reach this temperature unless there is a booster heater and a separate hot water line or tank for the kitchen.

Recommended water heater setting in Day Care is 120°F. to avoid scalding children.

Body temperature

When dishes are not rinsed at 180°F. a sanitizing rinse should be used. Use a chemical sanitizer according to the manufacturer's directions. Test strips are available from the manufacturer.

Water freezes

Food Temperatures

A probe food thermometer is the best way to check food temperatures. To check accuracy make sure your thermometer reads 0°F in ice water.

Cook whole chicken & turkey to 180°F.

Cook chicken parts to 170°F.
Reheat leftovers to at least 165°F.*
Cook ground poultry to 165°F.*
Cook ground beef, eggs, tenderized beef, pork, & ham to 160°F.*

Cook fish to 145°F.*
Hold hot foods at temperatures above 140°F.

DANGER ZONE

Danger Zone
Bacteria grow rapidly in this range.
Do not leave food out at 40° to 140°F.
Discard any perishable food left at these temperatures for 2 hours or more.

Store perishable foods in covered, **shallow** containers in refrigerator below 40°F.

The ideal temperature for frozen food is 0°F. or lower.

Thermometer scale: 220, 210, 200, 190, 180, 170, 160, 150, 140, 130, 120, 110, 100, 90, 80, 70, 60, 50, 40, 30, 20, 10, 0, -10

Source: Iowa Child and Adult Care Food Program

Source: Iowa Child and Adult Care Food Program

*Hold temperature for at least 15 seconds.

5 Easy Steps to Clean and Sanitize Food Preparation and Eating Surfaces

1. Clean surface with warm soapy water.

2. Rinse with clear water.

3. Spray surface with sanitizing solution.

4. Spread the sprayed solution over the surface with a clean paper towel.

5. Air dry. Do not rinse or wipe off the sanitizing solution.