

Food Safety at Home

September is National Food Safety Education Month.

Check out these tips for safe handling of foods in your kitchen!



Cook to the Right Temperature

Use a food thermometer to check that foods are cooked to the right temperature:

- 165°F: poultry
- 145°F: raw ham
- 145°F: fish
- 145°F: lamb
- 145°F: veal
- 160°F: beef and pork

Separate, Don't Cross-Contaminate

Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.

Use separate cutting boards and plates for raw meat, poultry, and seafood.

When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.

Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.

Watch the Clock

Throw out perishable food that has been sitting at room temperature for more than two hours.

One hour if it is 90°F or warmer.

Keep it Clean

Before you eat or handle food, wash your hands, food prep tools, and surfaces. Rinse fresh fruits and vegetables under running water.

SOURCE: CENTERS FOR DISEASE CONTROL & PREVENTION, CDC.GOV

5 Food Safe Shopping & Storage Mistakes to Avoid

1

NEVER PEEL FRUITS OR VEGETABLES WITHOUT WASHING THEM FIRST

Fruits and vegetables may have germs on their peeling or skin. It's easy to transfer those germs to the inside of fruits and vegetables when you cut or peel them.

2

NEVER PUT COOKED MEAT BACK ON A PLATE THAT HELD RAW MEAT

Germs from the raw meat can spread to the cooked meat.

3

DON'T EAT RAW BATTER OR DOUGH

Includes cookie dough, and other foods with uncooked eggs or uncooked flour. Flour and uncooked eggs may contain E. coli, Salmonella, or other harmful bacteria.

4

NEVER TASTE FOOD TO SEE IF IT'S STILL GOOD

You can't taste, smell or see the germs that cause food poisoning and tasting only a tiny amount can make you very sick.

5

DO NOT THAW OR MARINATE FOOD ON THE COUNTER

Harmful germs multiply quickly at room temperature. You should always thaw food in the refrigerator, in cold water, or using the microwave. Always marinate food in the refrigerator.

SOURCE: US FOOD & DRUG ADMINISTRATION, FDA.GOV

Apple Walnut Salad WITH BALSAMIC VINAIGRETTE

As summer shifts to fall, we're coming into apple season. What could be better for still-warm days than an Apple Walnut Salad? Check out one of our favorites, by Katya from her blog Little Broken. Check out more great recipes by Katya at <https://www.littlebroken.com/>!

INGREDIENTS

Lettuce

Red leaf, green leaf, spinach or romaine

Apples

Gala, or substitute your favorite

Red Onions or Shallots

Walnuts

You can substitute pecans, pumpkin seeds, or sunflower seeds.

Feta or goat cheese

Balsamic Vinaigrette

Olive oil, balsamic vinegar, Dijon mustard, and honey.

INSTRUCTIONS

STEP 1

Prepare the vinaigrette – in a small bowl combine the olive oil, balsamic vinegar, Dijon mustard, and honey. Whisk until blended. Season to taste with salt and pepper. You can also do this in a mason jar.

STEP 2

Assemble the salad – make sure all of your salad ingredients are ready to be assembled (chopped, sliced, etc). In a large bowl, layer the lettuce, apples, red onions, walnuts, and feta. Drizzle with desired amount of vinaigrette and serve immediately.

