

A FOOTBALL FAN'S GUIDE TO FOOD SAFETY

Super Bowl Sunday is the second highest day of food consumption in the United States after Thanksgiving! Help prevent foodborne illness by following and sharing these reminders.



Personal Foul

Follow these guidelines to prevent someone's health from being placed in jeopardy.

- **Keep it Clean** - Wash hands and prep surfaces often.
- **Separate** - Separate raw meat and poultry from cooked foods.
- **Cook** - Use a food thermometer to be sure meat and poultry are safely cooked.
- **Chill** - Refrigerate or freeze perishable foods promptly.

Illegal Use of Hands

Not washing hands before preparing or eating food. Unclean hands are one of the biggest culprits for spreading bacteria. Scrub hands vigorously with warm, soapy water for at least 20 seconds to reduce the risk of foodborne illness.

Chop Block

Chopping raw veggies on the same cutting board that was used to cut up chicken or other raw meats. Juices from raw meat can spread harmful bacteria to other foods. Use one cutting board for raw meat and poultry, and a different cutting board for veggies. If you use one cutting board, wash it in hot soapy water after preparing each food item.

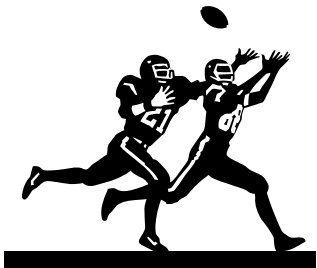
Two-Hour Warning

This is the biggest food safety penalty. A Super Bowl party may go on for several hours. Don't let food stay in the "Danger Zone" (the range between 41°F and 135°F) for more than two hours. Serve hot foods hot in chafing dishes or slow cookers. Serve cold foods in dishes nested in bowls of ice. Discard perishables if they have been at room temperature for two hours.

False Start

Serving undercooked food. Color is ***NOT*** a reliable indicator. Use a food thermometer to check the internal temperature. Meat, poultry and fish should be cooked hot enough to kill harmful bacteria such as *E. coli* O157:H7 in beef and *Salmonella* in poultry.

- USDA recommends cooking fresh roast beef, veal and lamb to at least 145°F for medium rare and 160°F for medium doneness.
- Roast whole poultry to 180°F and poultry breasts to 170°F.
- Ground turkey and poultry should be cooked to 165°F.
- All other meat, fish and ground beef should be cooked to 160°F.



Upon Further Review

For more information, call the Meat & Poultry Hotline at 1-888-MPHotline (1-888-674-6854).