



# NATIONAL FOOD SAFETY EDUCATION MONTH



Dear Colleagues,

August, 2015

“National Food Safety Education Month” begins in September. Resources are available on-line from FDA: <http://www.fda.gov/downloads/Food/ResourcesForYou/UCM222258.pdf> or from the San Francisco District Office: 510-337-6736. If you would like an electronic resource list or free materials to promote this important topic – just call.

Food safety questions can be answered by an automated response system Ask Karen - [www.askkaren.gov](http://www.askkaren.gov), the USDA Hotline -1-888-MPHotline or the FDA Food Information Line 1-888-SAFE-FOOD or new inquiry form - <http://cfsan.force.com/InquiryPage/>.

BE FOOD SAFE! Remember to: **CLEAN SEPARATE COOK & CHILL!**

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## At Risk for Foodborne Illness

Populations most at risk for foodborne illness are the very young (> 1 year); older adults; the immune-compromised; and women who are pregnant. The key to reducing the risk is prevention.

Steps to take include:

- Avoid eating raw animal products e.g. raw milk and raw milk cheeses, uncooked/ lightly cooked eggs, and raw fish/meat e.g. sushi or steak tartare.
- Wash fruits and vegetables before eating, esp. foods with rinds. Avoid eating raw sprouts.
- Make sure counters and other food preparation surfaces are adequately cleaned.
- Avoid hot dogs/deli-style meats unless reheated to steaming temperatures. Avoid deli-prepared meat salads.
- Keep your refrigerator at 40°F and your freezer at 0°F or lower.



## PRODUCE: Buy Right and Store Properly

You can help keep produce safe by making wise decisions at the grocery store/market.

- Purchase produce that is not bruised or damaged.
- When selecting pre-cut produce — such as a half a watermelon or bagged salad greens — choose only items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from meat, poultry and seafood products when packing them to take home from the market.

Proper storage of fresh produce can affect both quality and safety.

- Store perishable fresh fruits and vegetables (e.g. strawberries, lettuce, and mushrooms) in a clean refrigerator at a temperature of 40°F or below. If you're not sure whether an item should be refrigerated to maintain quality, ask your grocer.
- Refrigerate all produce that is purchased pre-cut or peeled to maintain both quality and safety.

**Warning:** Food producers recall their products when they are mislabeled or when the food may present a health hazard. Recall data and press releases can be found at [www.fda.gov/recalls](http://www.fda.gov/recalls)

## COOK IT SAFE!

Important food safety messages for convenience foods/all foods.

1. Read and Follow Package Cooking Instructions.
2. Know When to Use a Microwave or Conventional Oven.
3. Know Your Microwave Wattage Before Microwaving Food.
4. Always use a Food Thermometer to Ensure a Safe Internal Temperature.

## Training Videos on Food Safety

FDA, USDA & CDC videos are available on topics such as foodborne illness, E. coli, raw milk, power outage safety, etc. from the food safety website:

<http://www.foodsafety.gov/multi-media/index.html>

**CLEAN, SEPARATE, COOK, CHILL**



## \*\*\* Added Sugars \*\*\* for Nutrition Facts label (proposed)

The proposal for added sugars would require declaration of the percent daily value (%DV) for added sugars. The %DV indicates how much a nutrient in a serving of food contributes to a daily diet. The %DV would be based on the recommendation that the daily intake of calories from added sugars not exceed 10% of total calories.