



Summertime Food Safety: Clean, Separate, Cook, Chill

With summer cook-outs and celebrations around the corner, it is important to keep food safety in mind.

Foodborne illness occurs when eating food contaminated with germs. The Centers for Disease Control and Prevention (CDC) estimates that one in six people will get sick from foodborne illness this year. This can result in severe illness and hospitalization. While most people recover fully from foodborne illness, others may suffer long term health consequences. Germs known to cause foodborne illnesses have been known to damage kidneys, joints, nerves/brain, and sometimes cause death. Some people are more likely to have serious health problems from foodborne illness. Children under age five, older adults, pregnant women, and people with cancer, diabetes, HIV/AIDS, or an autoimmune disorder are at greater risk.

Forgetting food safety is a recipe for disaster! The CDC gives helpful tips to keep yourself and your guests healthy this summer:

Clean. When preparing food, wash your hands and surfaces often. Wash hands before, during and after preparing food;

lather and scrub for at least 20 seconds. Bacteria gets on cutting boards, utensils, and counter tops; wash them with hot soapy water after preparing each food item. Wash fresh fruits and vegetables under cool running water before peeling or slicing to avoid spreading germs from the outside to the inside of the produce.

Separate. Don't cross-contaminate! Use separate cutting boards and plates for produce and for meats. Keep raw meats and cooked meats separate. When shopping, keep meat, poultry, seafood and eggs separate from the rest of the food in your grocery cart and bags. Once you get home, make sure you store them separate from all other foods in the refrigerator as well.

Cook. Cook foods to the right temperature. Use a food thermometer! Germs in food grow best between 41

and 135 degrees Fahrenheit. Cooked food is safe only if it has been heated high enough to kill harmful germs. Check the temperature to be sure. See foodsafety.gov to reference minimum temperatures. To keep the food hot after cooking, use a warmer or slow cooker to keep the food hotter than 135 degrees.

Chill. Refrigerate! Never thaw or marinate foods on the counter. Remember, germs grow quickly at room temperature. Instead, place them in the refrigerator. Also put left over foods in the refrigerator within two hours if they are perishable. To be effective, your refrigerator needs to keep foods below 41 degrees. Keep a thermometer in your refrigerator and check it often to be sure your food is safe.

With a little attention to food safety, you can keep yourself and your guests healthy at cook-outs this summer!



CLEAN



SEPARATE



COOK



CHILL

ServSafe® Classes

Safe food when dining out is something we all expect. To assure this, the Scott County Health Department offers ServSafe® training for food establishment employees. ServSafe® consists of 15 hours of classroom instruction over the course of three days with a test at the end. Students will learn how unsafe food handling practices can make people sick and what can be done during food preparation and service to prevent food borne illnesses.

Successful participants will receive a ServSafe® certificate. Classes are offered at the Scott County Health Department four times a year; twice in the spring and twice in the fall.

This year's fall classes will take place on the following dates:

First session: September 29, 30 and October 1, 2015 from 1:00 – 6:00 p.m. each day

Second session: October 27, 28 and 29, 2015 from 8:00 a.m. – 1:00 p.m. each day.

Pre-registration is required. If you have questions about the ServSafe® classes, please contact the Scott County Health Department at 563-326-8618.



Related Resources:

Safe Minimum Cooking Temperatures:

<http://www.foodsafety.gov/keep/charts/mintemp.html>

What Governments Does for Food Safety:

<http://www.foodsafety.gov/keep/government/index.html>

Recipes for Disaster (what *not* to do for food safety):

<http://www.foodsafety.gov/keep/basics/index.html>

Scott County's Food Protection Program:

<http://www.scottcountyiowa.com/health/food.php>

Current Restaurant Inspection Reports:

<https://food.iowa.gov/foodsafety/Inspection/PublicInspectionSearch.aspx>

MARK YOUR CALENDAR!

- *Scott County Health Department will be closed Friday, July 3, 2015 in observation of Independence Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, July 16, 2015.*

OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County— A safe and healthy community

SCOTT COUNTY HEALTH DEPARTMENT

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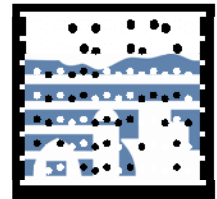
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