Facts and Figures - Did You Know?

• About 1 out of every 6 Americans (that's about 48 million people) get sick every year with a foodborne illness. 128,000 end up in the hospital, and 3,000 die each year. Those that are the most "at risk" are pregnant women and newborns, older adults, and people with weakened immune systems and chronic illnesses.

• If foodborne illnesses could be reduced by just 1%, it would keep about 500,000 Americans from getting sick each year. A decrease of 10% would save 5 million from foodborne illness.

• Leftovers should be stored in shallow containers and cooled down rapidly to prevent the rapid build up of bacteria. Do not allow leftovers to cool to room temperature before putting them into the refrigerator.

• When preparing food, wash your hands thoroughly with warm, soapy water frequently. This simple task can eliminate nearly half of all the cases of foodborne illnesses.

• Don't wash uncooked meat and poultry. Recent studies show that instead of reducing bacteria, you are actually increasing the chances of cross-contamination and spreading bacteria to other ready-to-eat foods. Instead, thoroughly cook meat, poultry and seafood to proper temperatures. Use a meat thermometer to check for doneness.

• The FDA estimates that two to three percent of food poisoning cases eventually lead to a secondary long-term illness. This is because the same pathogens that cause food poisoning can also cause arthritis, kidney failure, and meningitis.

To watch an informational video about the Rock City Robots FLL team, scan this QR code with a smart phone…..

You can also find the video on the Video page of our website, www.RockCityRobots.com.

Some of the information in this brochure is from foodsafety.org, the USDA, the NSW Food Authority, Meerilinga.org, and the American Dietetic Association.

Rock City Robots

Little Rock, Arkansas

www.RockCityRobots.com

Rock City Robots Team Presents

Let's Get Cooking!

Information About Food Safety

What you need to know to avoid a foodborne illness.

Keeping Food Safe When Cooking at Home

• Use a different cutting board for each type of food. Do not cut up vegetables on the same cutting board you used to cut up uncooked meat, poultry, or fish.

• Wash your hands before you begin cooking, and often during food preparation. Use warm water and soap for at least 20 seconds. Wash your hands after handling raw meat, and after touching your nose or mouth.

• After they have come in contact with uncooked meats, wash countertop surfaces with warm water and soap or a anti-bacterial cleaning spray. Don't use the cleaning cloth to clean anything else.

• Use a meat thermometer to cook meat to the proper temperature to kill bacteria that can make you sick. Insert the thermometer into the thickest part of the meat. See our chart to the right.

• Quickly store leftovers in the refrigerator, in shallow containers (less than 2 inches tall). Food that is stored in tall containers require a longer time to cool down in the refrigerator, giving bacteria time to multiply.

Cook Your Meat Thoroughly

Insert the meat thermometer into the thickest part of the meat and measure the internal temperature before you remove the meat from the heat source. Be sure that the thermometer is not touching bones inside the meat, and is not touching the cooking surface.

Here are the USDA recommended internal meat temperatures:

Type of Food	***Internal Temperature Measurement***
Beef, Pork, Veal, or Lamb chops, steaks, or roasts	145ºF (allow meat to rest for 3 min. after cooking)
Ground Beef, Pork, Lamb, or Veal	160ºF
All Poultry	165ºF

Packing a Safe Sack Lunch

• Make sure your food and drink is cold before you place it inside your lunch box. Make sandwiches quickly. Lunchmeats will warm to room temperature in your kitchen in just minutes.

• Always put a frozen ice brick inside the lunch box, as close to the most perishable food items as possible. Without one, freshly-made lunches can reach unsafe food temperatures in less than 1 hour on a warm day.

• Use an insulated lunch bag to keep your lunch colder longer, even in the colder months of the year.

• When you are away from home, store your lunch in a cool, shady place, away from direct sunlight.

• When you return home, throw away any leftover food that has been in your lunch box. Don't snack on perishable food that has been in your lunch box all day.

• Using a frozen ice brick is better than using a frozen drink to keep the lunch box cold. The food will begin to warm up as soon as the frozen drink is removed from the lunch box.

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