

Food Safety for Good Health A guide to washing and cleaning foods before eating and cooking

Food Item	Recommendation
<p data-bbox="142 337 401 435">Poultry, Pork & Beef</p> 	<p data-bbox="457 354 1990 586">Poultry, pork and beef should not be rinsed under running water prior to cooking. Rinsing under running water increases the risk that bacteria can be spread across the kitchen. Cooking to the proper internal temperature will kill any bacteria present on the meat. If there are bits of bone or other undesirable particles on the food wipe it down with a damp paper towel and then throw the paper directly into the trash to prevent cross contamination.</p> <p data-bbox="457 621 1980 704">If the reason you rinse your chicken is to remove an off taste, such as chlorine, consider buying from another source. This is practice is used to make the meat appear fresher for a longer period of time.</p> <p data-bbox="457 737 1934 820">Rising or marinating in a lemon, lime or vinegar wash can add flavor to meat but does not kill any harmful bacteria.</p> <p data-bbox="457 852 1917 935">For a look at how bacteria are spread by washing poultry and other meats visit this site http://youtu.be/JZXD4p9c</p>
<p data-bbox="142 984 401 1019">Fish & Shellfish</p> 	<p data-bbox="457 1011 1961 1192">Raw fish should not be rinsed under running water prior to cooking. Rinsing under running water increases the risk that bacteria can be spread across the kitchen. Cooking to the proper internal temperature will kill any bacteria present on the meat. To remove scales or other undesirable particles on the fish, wipe it down with a damp paper towel and then throw the paper directly into the trash to prevent cross contamination.</p> <p data-bbox="457 1224 1906 1307">To clean fresh shellfish put some water in a bowl or pan and while water continues to run into the bowl swish the shellfish in the water briefly to remove any mud or debris.</p> <p data-bbox="457 1339 1896 1422">For more information on fish and shellfish visit this site http://seafoodhealthfacts.org/seafood_safety/practitioners/raw_molluscan.php</p>

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<p data-bbox="184 293 359 337">Shell Eggs</p> 	<p data-bbox="459 225 1965 456">Do not wash eggs bought at the grocery store before storing. Washing is a routine part of commercial egg processing. "Bloom," the natural coating on just-laid eggs that helps prevent bacteria from permeating the shell, is removed by the washing process and is replaced by a light coating of edible mineral oil which restores the protection. Extra handling of store bought eggs, such as washing, could increase the risk of cross-contamination, especially if the shell becomes cracked.</p> <p data-bbox="459 492 1995 722">Eggs from your chickens or from a local chicken farm should be stored unwashed in the refrigerator in a clean egg carton. Eggs should be stored between 40^o and 45^oF for no longer than three weeks. Harvest, or use, only clean or lightly soiled fresh eggs. To keep the "bloom" intact, clean lightly soiled eggs prior to storing by sanding lightly to remove any dirt. Wash hands after cleaning eggs. For more information about farm fresh eggs visit this web site http://growingsmallfarms.ces.ncsu.edu/growingsmallfarms-eggsafetytips/</p>
<p data-bbox="107 753 441 797">Vegetables & Fruits</p> 	<p data-bbox="459 753 1980 984">Before preparing or eating fresh fruits and vegetables, wash under cool running water while rubbing lightly to remove any lingering dirt. This reduces bacteria that may be present and can help remove any pesticide residue. Special produce washes are not necessary. Do not wash fruits and vegetables with detergent or soap. Cut away any damaged or bruised areas before preparing or eating. For more information about washing fruits and vegetables visit this site that has an article and a brief video.</p> <p data-bbox="459 1003 1472 1034">http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm256215.htm</p>

Resources for more information on preparing and cooking safe food are at the websites below.

- South Carolina DHEC Food Safety Information <http://www.scdhec.gov/FoodSafety/GuidanceHomeCooks/>
- The USDA Kitchen Companion booklet can be ordered from 1-888-674-6854 or visit the website at http://www.fsis.usda.gov/shared/PDF/Kitchen_Companion.pdf?redirecthttp=true
- National Institutes of Health Senior Health <http://nihseniorhealth.gov/eatingsafely/avoidfoodborneillness/01.html>
- USDA Food Safety and Inspection Service <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/washing-food-does-it-promote-food-safety/washing-food>