



# 5 Common Food Safety Mistakes



## 1 Improper Hand Washing

### DID YOU KNOW?

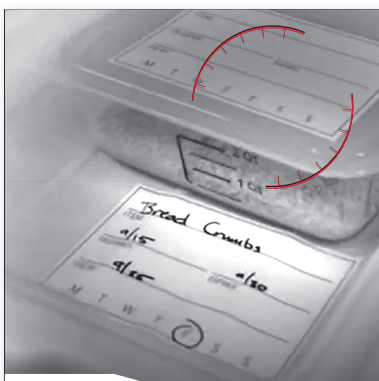
- U.S. food workers practice proper hand washing only **25%** of the time.
- Nearly **1 in 6** Americans gets sick from foodborne diseases annually.



## 2 Eating on the Line

### DID YOU KNOW?

- **24%** of U.S. restaurant workers violate health codes by eating in prep areas.
- **More than half** of foodborne illness outbreaks originate in restaurants.



## 3 Mislabeling or Not Labeling Food

### DID YOU KNOW?

- An FDA study of date marking in food operations found out-of-compliance as high as **81 percent**.
- **When in doubt** about the expiration date, the rule is to always **throw it out**.

### RECOMMENDATIONS

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.
- According to the CDC, most foodborne illness outbreaks linked to restaurants are related to **unsafe food handling** by workers. Be sure to consult with restaurant management staff if you:
  - Are unfamiliar with your restaurant's food handling procedures
  - Feel you do not have the resources or time to commit to food safety processes
  - Need a refresher on ways to prevent foodborne illness in your kitchen
- Never come to work if you are showing **signs of illness** – especially vomiting or diarrhea.
- Use **date marking** for foods that are:
  - Ready to eat
  - Refrigerated
  - Held for more than 24 hours
- **Options** for date marking include:
  - A **"Best if Used By (or Before)"** date recommendation for best flavor or quality.
  - A **"Use-By"** date set by the manufacturer as the last date recommended for the use of the product while at peak quality.
  - Practice **"First In, First Out"** as a general rule, and discard any food that has gone beyond 7 days.



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## 4 Incorrect Food Storage

### DID YOU KNOW?

- **43%** of U.S. restaurants do not appropriately separate raw animal products from other foods.
- Foodborne illness annually costs the U.S. between **\$5 billion and \$17 billion** in medical care and lost productivity.

### RECOMMENDATIONS

- **Store food in designated storage areas.** To prevent possible contamination, keep food away from dishwashing areas, cleaning supplies, garbage containers and restrooms.
- **Place meat as low as possible.** Even if it is in a sealed container, meat or meat dishes should be stored below other items so meat juices cannot drip down and contaminate those food items.
- **Wrap food properly before storing it.** Leaving food uncovered can lead to cross-contamination. Cover food with tight-fitting plastic wrap or aluminum foil.



## 5 Unmonitored Temperature Control

### DID YOU KNOW?

- Never leave food out of refrigeration for **over 2 hours**
- **818 foodborne disease outbreaks** were reported in 2013, resulting in 13,360 illnesses, 1,062 hospitalizations and 16 deaths.

- While the general rule is to never leave food out of refrigeration over 2 hours, if the temperature is **above 90°F**, food should not be left out more than **1 hour**.
- **Keep hot food hot — at or above 140°F.** Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.
- **Keep cold food cold — at or below 40°F.** Place food in containers on ice.
- Foods should be reheated thoroughly to an internal temperature of **165°F** or until hot and steaming.

### Sources

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