

Foodborne Illness Prevention

By staying informed about foodborne illness and vigilant on best practices for prevention, you can play a part in keeping food, and students safe at your school sites!

Foodborne Illness Defined

Foodborne illness, defined as any illness resulting from the consumption of **contaminated food**, can have a wide range of symptoms with varying degrees of severity. These illnesses are often caused by bacteria, viruses, parasites, or chemical substances entering the body through food or drink.

Food Safety Best Practice

Ensuring food safety is ressential in preventing foodborne illnesses. By implementing robust safety practices, we can **minimize** the risk of contamination from harmful pathogens. Education and awareness are vital components in this goal, as they empower individuals to make informed choices and take proactive steps in maintaining a **safe food environment**.

Handle with Care



Thaw frozen food in the refrigerator or under cold running water. Refrigerate perishable food within 2 hours.

Safe Food Storage



Use the First In, First Out (FIFO) method, placing older products in front in order to use first.

Cook



Use a food thermometer to ensure foods reach safe internal temperatures.

Separate



Keep raw meat, poultry, seafood, and eggs separate from ready-to-eat foods in the grocery cart and refrigerator.

Clean



Wash hands with soap and water for 20 seconds before & after handling food.

Produce Handling



Rinse fresh fruits and vegetables under running water, even if they have inedible skins.