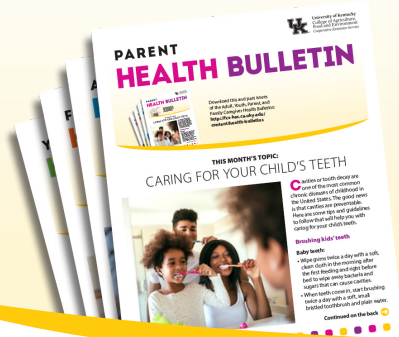


# PARENT

# HEALTH BULLETIN



SEPTEMBER 2023

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## THIS MONTH'S TOPIC:

# TEACH YOUR FAMILY FOOD SAFETY



September is Food Safety Awareness Month. It's a great reminder for everyone to make good choices in the kitchen to keep foodborne illness away! As kids get older, they become more involved in choosing foods, preparing them, and storing them. As kids take on more of these responsibilities, parents can be happy to have the help. However, parents can also find it stressful when kids handle food unwisely, leave food setting out, improperly cook food, or make unsafe messes.

Prevent food spoilage and waste in your home by teaching your children safe food-handling practices. This will allow them to help prepare more food at home and give you confidence in knowing that your food supply is safe!

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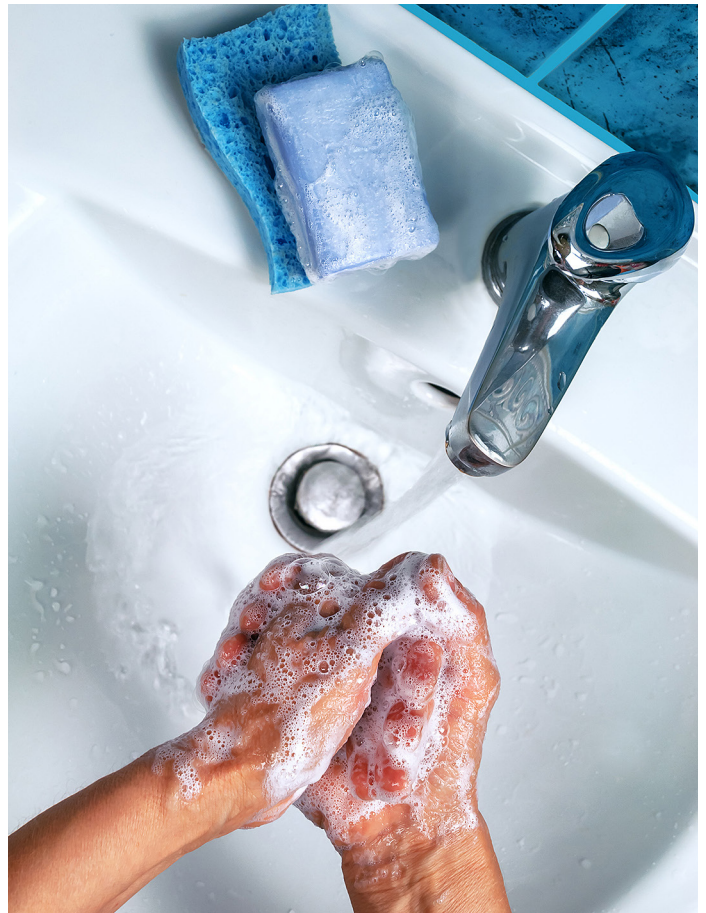


# *Wash hands with soap and warm water before beginning, after touching anything that is not clean during the cooking process, and before sitting down to eat.*

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Here are four simple food safety steps to teach your kids, and follow yourself!

- 1. Clean:** Wash your hands and food prep surfaces. Wash hands with soap and warm water before beginning, after touching anything that is not clean during the cooking process, and before sitting down to eat. Wash your utensils, cutting boards, and countertops with hot, soapy water. Rinse fresh fruits and vegetables under running water.
- 2. Separate:** Keep raw meat, poultry, seafood, and their juices away from other foods. Use separate cutting boards during food prep, and keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge. Place uncooked meat, poultry, and seafood on a plate so juices do not leak from packaging and contaminate nearby food.
- 3. Cook:** Heat food to the right temperature. Food is cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer:
  - 145 degrees F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
  - 160 degrees F for ground meats, such as beef and pork
  - 165 degrees F for all poultry, including ground chicken and turkey
  - 165 degrees F for leftovers and casseroles
  - 145 degrees F for fresh ham (raw)
  - 145 degrees F for fin fish, or cook until flesh is opaque
- 4. Chill:** Refrigerate leftovers or unused items quickly. Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40 degrees F and 140 degrees F. Keep your refrigerator below 40 degrees F and know when to throw out food. Refrigerate perishable



food within two hours. Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

Following these simple guidelines will keep your food safe to eat and give your kids confidence as they become more independent in the kitchen.

**REFERENCE:**

<https://www.planeatmove.com/eat-well/food-safety-basics>

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**ADULT**  
**HEALTH BULLETIN**

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