

When in doubt — throw it out!



- ◆ Discard all perishable foods left at room temperature for more than two hours; one hour if air temperature is above 90 degrees F.
- ◆ Keep hot foods hot — 140 degrees F. or above.
- ◆ Keep cold foods cold — 40 degrees F. or below.
- ◆ Use a food thermometer to make sure the internal temperature of a food is safe.

People at risk for food-borne illness:

- ◆ Infants
- ◆ Pregnant women
- ◆ Young children
- ◆ Older adults
- ◆ People with weakened immune systems
- ◆ Individuals with certain chronic diseases

Who regulates what?

The American food supply is among the safest in the world.

- ◆ The Food and Drug Administration (FDA) is responsible for ensuring that packaged foods and products are safe, wholesome and correctly labeled.
- ◆ The United States Department of Agriculture (USDA) regulates meat, poultry and eggs.



Proper food handling

Steps that help ensure food is safe to eat:

- ◆ Chill — refrigerate promptly
- ◆ Clean — wash hands and surfaces often
- ◆ Cook — cook to proper temperature
- ◆ Separate — don't cross-contaminate



FOOD SAFETY

in an era of food recalls

MYTH

If you get sick from eating a food, it was from the last food you ate.

FACT

Symptoms can appear 30 minutes to six weeks after eating an unsafe food.

Use a food thermometer

Using a food thermometer is the only way to know if food has been cooked to a safe internal temperature.



Symptoms of eating an unsafe food:

- ◆ Upset stomach
- ◆ Fever
- ◆ Diarrhea
- ◆ Vomiting
- ◆ Dehydration

Rare and severe symptoms include:

- ◆ Paralysis
- ◆ Meningitis
- ◆ Death



What is a recall?

- ◆ Actions taken to remove a product from the market.

How is a recall conducted?

- ◆ By a firm's own initiative
- ◆ By FDA request
- ◆ By FDA order under statutory authority



TYPES OF RECALLS

- ◆ **Class I:** Dangerous or defective products that predictably could cause problems.
- ◆ **Class II:** Products that might cause temporary health issues.
- ◆ **Class III:** Products that are unlikely to cause any adverse health reactions, but violate FDA labeling or manufacturing regulations.

What can I do?

- ◆ Report to the FDA any adverse reactions or other problems with foods/products that the agency regulates.
- ◆ Report problems with meat or poultry to the USDA hotline at 1-800-535-4555 or the USDA Meat and Poultry hotline at 1-888-674-6854.
- ◆ Stay informed on recalls.



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Funded in part by USDA's Food Stamp Program
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