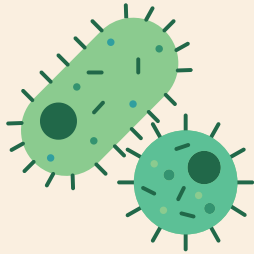


Food Safety Fact Sheet



What is Food Safety?

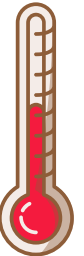
Each year millions of people become sick from pathogenic parasites, bacteria, chemicals or toxins from contaminated food or water. These can cause more than 200 diseases. The most common symptoms of food borne illness are diarrhea and vomiting.

Why is Food Safety Important?

People living with HIV/AIDS are more vulnerable to food poisoning because HIV weakens the immune system. Practicing food safety helps decrease your risk of getting sick. The following food preparation techniques and list of foods to avoid can help you prevent food borne illness.

When Preparing Foods:

- When preparing food, always start with clean hands. Wash your hands for 20 seconds or more with soap and warm water.
- Use two cutting boards: one strictly to cut raw meat, poultry and seafood; the other for ready-to-eat foods, like breads and vegetables.
- Always use a clean cutting board for food preparation. Clean cutting boards thoroughly in hot, soapy water, then rinse with water and air dry or pat dry with clean paper towels.
- Hot food must be kept at or above 140°F and should be wrapped well and placed in an insulated container.
- Cold food must be kept at or below 40°F and placed in a cooler filled with ice or ice packs.
- Perishable foods, including pre-washed or pre-cut produce, as well as cooked fruits and vegetables, should be refrigerated within 2 hours.
- Raw meat and poultry should be placed at the bottom of the fridge where the risk of contaminated juices dripping onto other foods are minimized.



What NOT to Wash:

Raw Chicken: Rinsing raw chicken may spread harmful bacteria such as Salmonella or Campylobacter around the kitchen, which can potentially make you sick. The only way to kill those pathogens is to cook chicken and other meats to their appropriate internal temperature.

Fish: Avoid washing raw fish because it increases the chance of cross-contamination to other foods, utensils and surfaces.

Eggs: Avoid washing eggs after purchase because it can remove the coating that protects eggs from bacteria that is applied during processing.

Foods to Avoid:

- Raw or undercooked meat or poultry
- Raw or undercooked fish and shellfish
- Unpasteurized, or raw, milk
- Soft cheeses made from unpasteurized milk – including Feta, Brie, Blue cheese varieties and Queso fresco
- Foods that may contain raw eggs – including raw cookie dough, mayonnaise and Caesar dressing.
- Unwashed fresh vegetables – including lettuce and leafy greens
- Hot dogs and lunch meats that have not been heated to 165°F

For more information or fact sheets contact



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