



FOOD SAFETY MYTHS AND FACTS

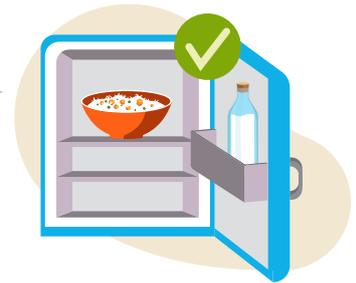


Can you tell if food is safe to eat by its look and smell?

NO.
Most microorganisms that can make you sick don't change the look or smell of the food.

Do I have to refrigerate leftover food?

YES.
Food becomes unsafe if left at room temperature for more than two hours.



Is food dropped on the floor OK to eat if you pick it up within 5 seconds?

NO.
Microorganisms can transfer to food immediately and cause disease in some cases.

Can dish cloths spread dangerous bacteria?

YES.
Dish cloths and sponges can carry and spread dangerous bacteria. Disinfect them in sanitizing solution or boil in water.



Should raw poultry be washed before cooking?

NO.
Washing poultry can spread harmful microorganisms to hands, surfaces, utensils or other food.

Can I get sick from food I ate 3 days ago?

YES.
Some dangerous microorganisms take longer than a few hours to make you sick.



Is it safe to thaw frozen food at room temperature?

NO.
Thawing food in the refrigerator or in cold water prevents the growth of microorganisms.

Do organic fruits and vegetables need to be washed?

YES.
All produce, including organic, should be washed with clean water to remove physical contaminants and reduce the risk from any harmful microorganisms or chemicals.

