

FOOD BORNE ILLNESS

1. CDC estimates 76 million persons experience food borne illness with 325,000 hospitalizations.
2. Common bacteria are E. Coli and Salmonella

TIPS

- Cook foods thoroughly. Use food thermometer
- Don't cross contaminate
- Defrost in refrigerator, lower power in microwave or cold water
- Wash hands – show
- Refrigerate or freeze as soon as possible any uneaten food