

INTRODUCTION

It is estimated that roughly 48 million people get sick from foodborne illnesses every year, of these, 128,000 are hospitalized and 3,000 die. While more than 250 foodborne illnesses have been identified, the most common foodborne illness are caused by norovirus and the bacteria Salmonella, Clostridium perfringens, and Campylobacter.



AT RISK FOODS

- Raw foods of animal origin are the most likely to be contaminated. These include, but are not limited to:
 - Raw meat and poultry
 - Raw eggs
 - Unpasteurized milk
 - Raw shellfish
- Foods that include the products of many individual animals, examples can include, but are not limited to:
 - Bulk raw milk
 - Pooled raw eggs
 - Ground beef
- Fresh fruits and vegetables processed under unsanitary conditions.
- Fresh manure used to fertilize vegetables can be a contaminant.
- Alfalfa and other raw sprouts.
- Unpasteurized fruit juice.



SYMPTOMS

The symptoms of foodborne illness can vary depending on the type of illness. They can include, but are not limited to:

- Diarrhea
- Vomiting
- Abdominal cramps
- Nausea
- Fever
- Joint/back aches
- Fatigue



SAFE WORK PRACTICES

- Thoroughly wash, clean and sanitize cutting boards and utensils.
- Thoroughly wash and sanitize hands.
- Wash after handling raw meat.
- Separate all raw meats and juices from prepared foods.
- Use three different cutting boards as follows:
 - One for meats
 - One for fruits and vegetables
 - One for prepared foods
- Use a meat thermometer, the temperatures should be as follows:
 - Red meat- 145 degrees
 - Ground beef- 160 degrees
 - Poultry 180 degrees
- Cold temperatures keep most bacteria from growing.
- All perishables should be refrigerated.
- Check temperature with appliance thermometer.



CONCLUSION

These guidelines have been established to ensure the protection of employees and customers from foodborne illnesses. Following these guidelines and the safe work practices in this lesson should help minimize the threat that foodborne illnesses will occur.

