

Safeguards to help prevent foodborne illness.



Handling and storing food properly will reduce the chances of foodborne illness.

According to the U.S. Food and Drug Administration: “While the American food supply is among the safest in the world, the Federal government estimates that there are about **48 million cases of foodborne illness annually**—the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.”¹

What’s the risk to your business?

As a responsible member of our nation’s food industry, you take pride in doing things right and in providing a quality product to your customers. However, a problem arising in your food delivery process could place your business’s bottom line results and reputation in jeopardy. The good news is that handling and storing food properly goes a long way toward preventing foodborne illnesses.

The most common causes of foodborne illness outbreaks.

- Cooked food coming in contact with raw food
- Adding raw, contaminated ingredients to foods that receive no further cooking
- Using equipment that is not clean and/or sanitary
- Preparing food too far in advance of being served
- Allowing foods to sit too long at temperatures favorable to bacterial growth
- Failing to thoroughly heat or cook food properly, cool foods properly, or reheat cooked foods to temperatures that kill bacteria
- Employees who practice poor personal hygiene

Turn the page to see a number of tips to help you and your staff reduce the risk of foodborne illness in your business.

¹ *Foodborne Illnesses: What You Need to Know*, <http://www.fda.gov/Food/FoodbornellnessContaminants/FoodbornellnessesNeedToKnow/default.htm> (Downloaded 8/5/15)

Tips to help reduce the risk of illness.

- Sanitize food surfaces after any contact with raw food, when switching from one food product to another, *and* at least every four hours.
- Inspect all packaged food for damage and spoilage, and dispose of promptly.
- Date-label all refrigerated and dry-storage food containers, and monitor daily.
- Place newer stock at the rear and move old stock to the front.
- Perform weekly checks on all refrigerators/freezers to ensure proper performance.
- Cool stored food to at least 40 F and freeze at 0 F.
- Avoid overloading coolers/freezers and keep doors closed tightly when not in use.
- Verify the following internal temperatures are reached for at least 15 seconds when cooking:
 - Fish (145 F)
 - Chicken (165 F)
 - Ground beef/pork (160 F)
 - Non-ground beef/pork (145 F)
- Keep hot foods at 140 F or higher, and cold foods at 40 F or cooler. Freeze foods at 0 F. Measure food temperatures at least every four hours.
- Reheat all previously cooked food to an internal temperature of 165 F for at least 15 seconds.
- Melt down and sanitize ice machines frequently.
- Wash hands after smoking, eating, coughing/sneezing, handling used place settings, serving food and after restroom visits.
- Label chemicals and store away from food or food contact surfaces.
- Read and sign all Safety Data Sheets before using any chemical.
- Ensure full compliance with federal, state or local food-handling requirements.



Hot food should be kept at 140 F or higher, and previously cooked food should be reheated to an internal temperature of 165 F for at least 15 seconds.

Providing solutions
to help our members
manage risk.SM



For your risk management and safety needs, contact Nationwide Loss Control Services: 1-866-808-2101 or LCS@nationwide.com.