



Dickinson-Iron District Health Department

Dickinson County

818 Pyle Drive, Kingsford, MI 49802
Ph: (906) 774-1868 Fax: (906) 774-9910
BRANCH OFFICE

www.didhd.org

Iron County

601 Washington Avenue, Iron River, MI 49935
Ph: (906) 265-9913 Fax: (906) 265-2950
MAIN OFFICE

FOR IMMEDIATE RELEASE

Contact Information:

Kelly Rumpf, 779-7234



May is "Food Safety Month" at Dickinson-Iron District Health Department

Kingsford and Iron River, Michigan, May 2, 2011 – With summertime quickly approaching and backyard barbeques and family picnics on the horizon, Daren Deyaert, Environmental Health Director, wants to take the opportunity to reinforce proper food handling and inform Michigan residents that food safety is not an option, but an obligation. Consumers need to know simple steps they can take to prevent foodborne illness.

"As the temperature rises, so does the risk of foodborne illness. Hot, humid weather creates the perfect conditions for the rapid growth of bacteria," said Deyaert. "Summer also means more people are cooking outside at picnics, barbeques and camping trips, without easy access to refrigeration and hand washing facilities to keep food safe."

To minimize the risks of foodborne illness, follow these four easy steps when handling and preparing food:

Step One – Clean

Wash hands and surfaces often to avoid the spread of bacteria.

- Wash your hands with hot, soapy water for at least 20 seconds before handling food, and after handling raw meats or poultry, using the bathroom, touching pets or changing diapers.
- Always wash raw fruits and vegetables in clean water. You cannot tell whether foods carry surface bacteria by the way they look, smell or taste.

Step Two – Separate

Keep raw meats and poultry separate from cooked foods to avoid cross-contamination.

- When you pack a cooler for an outing, wrap uncooked meats and poultry securely, and put them on the bottom to prevent raw juices from dripping onto other foods.
- Wash all plates, utensils, and cutting boards that touched or held raw meat or poultry before using them again for cooked foods.

Step Three – Cook

Make sure you kill harmful bacteria by properly cooking food.

- Traditional visual cues like color are not a guarantee that food is safe. Don't guess! Take a digital instant-read food thermometer along to check when meat and poultry are safe to eat. Cooked foods are safe to eat when internal temperatures are:
 - 68° C (155° F) for ground beef or pork meat
 - 74° C (165° F) for leftover food and boned and deboned poultry parts
 - 74° C (165° F) for whole poultry

-More-

Step Four - Chill: Keep cold food cold

- Perishable foods that are normally in the refrigerator, such as luncheon meats, cooked meat, chicken, and potato or pasta salads, must be kept in an insulated cooler with freezer packs or blocks of ice to keep the temperature at or below 5° C (41° F).
- Put leftovers back in the cooler as soon as you are finished eating.
- The simple rule is: When in doubt, throw it out.

The Dickinson-Iron District Health Department serves the residents of Dickinson and Iron counties. For information about infectious disease prevention and services, visit www.didhd.org or call (906) 774-1868 or (906) 265-9913.

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