

# MYTHS ABOUT

# FOOD SAFETY

## MYTH



If I freeze my food, then all of the harmful bacteria that causes food poisoning is killed.

Freezing, while it prolongs the shelf life of a product, is not a method for making food **safe to eat**. Cooking food to the proper internal temperature is the best way to **kill harmful bacteria**.<sup>1</sup>

## FACT

## MYTH



To get rid of any bacteria on my meat, poultry, or seafood, I should rinse off the juices with water first.

## FACT

When rinsing your food, it may spread juices (and **any bacteria** they might contain) around your food, as well as onto your sink & counters.<sup>2</sup>

## MYTH



## FACT

I can't re-freeze foods after they thaw – I must cook or throw them away.

If raw foods such as meat, poultry, egg products & seafood have been thawed in the refrigerator, they may be safely re-frozen for later use. If raw foods are thawed **outside** the refrigerator, they should be cooked immediately.<sup>3</sup>

## MYTH

The last meal eaten is what causes foodborne illness (food poisoning).



## FACT

Except for a select few toxins and viruses, most illness causing **microorganisms** take longer than a few hours to make one sick. **Symptoms of foodborne illness** can start as soon as a few hours after ingestion, or even up to several weeks after eating contaminated food.<sup>3</sup>

## MYTH



## FACT

Plastic or glass cutting boards don't hold harmful bacteria like wood cutting boards do.

Any type of surface that comes in contact with raw or uncooked foods has the potential of holding **harmful bacteria**. Regardless of the material the board should be **washed and sanitized** after each use.<sup>3</sup>

