

FOOD MYTHS AND FACTS OF HOME COOKED MEALS

Put Heat on Harmful Bacteria

1 in 6 Americans (48 million people) suffer from food poisoning each year, resulting in thousands of hospitalizations and deaths.



MYTH

"If I microwave food, the microwave kills the bacteria, so the food is safe."



FACT

HARMFUL BACTERIA MAY REMAIN
Harmful bacteria may remain if food heats unevenly. Be sure to follow cooking instructions including rotating, stirring, and letting food stand when indicated.

MYTH

"I don't need to use a food thermometer. I can tell when my food is cooked by looking at it or checking the temperature with my finger."



FACT

YOU NEED TO USE A FOOD THERMOMETER
Color, texture and steaming are not indicators that a food is safe to eat. The only sure way to know food is safely cooked is to use a food thermometer.

MYTH

"I can't re-freeze foods after I have thawed them—I have to cook them or throw them away."



FACT

RAW FOODS MAY BE SAFELY RE-FROZEN
If raw foods have been thawed in the refrigerator, they may be safely re-frozen without cooking for later use. Never re-freeze foods that have been thawed in the microwave or in cool water. Never thaw raw foods by letting them sit on the kitchen counter.

MYTH

"Of course I wash all bagged lettuce and greens because it might make me sick if I don't."



FACT

YOU DON'T HAVE TO WASH PRE-WASHED GREENS
While it is important to thoroughly wash most fruits and vegetables, if packaged greens are labeled "ready-to-eat," "washed," or "triple washed" then the product does NOT need to be washed at home.

4 STEPS TO FOOD SAFETY

CLEAN



SEPARATE



COOK



CHILL



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