STOP GERMS

Kitchen Mistakes

How many food safety mistakes can you find in this kitchen? List mistakes below.

Illustration: Michigan State University Cooperative Extension. Used with permission.

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STOP
GERMS

Re-using a spoon
to taste food

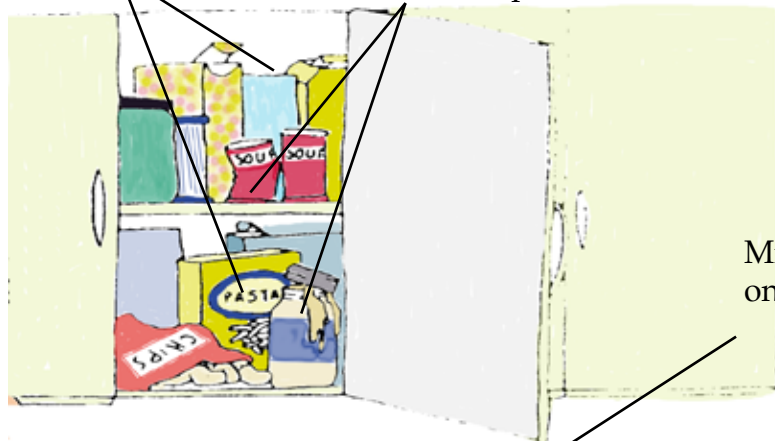Flies over the
garbage pail

Food stored next to
cleaning supplies

STOP GERMS

Food packages left open

Spoiled food in the cupboard

Milk sitting on the counter

Sneezing or coughing on food

MILK

Raw chicken dripping on the counter and into the drawer

Cat in the kitchen

STOP GERMS

Questions for Doctor Sal Monella

Why do I have to be so careful about touching raw meat, fish, and poultry?

Bad germs can grow in the "guts" of animals (and of people, too!). Cooking kills the germs and makes meat, poultry, and fish safe to eat. But, you'll need to wash the germs off your hands, cutting boards, refrigerator door handle, and anything else you touched with dirty hands.

Who is more likely to get sick from unsafe food?

These people are at risk:
- Pregnant women
- Infants and young children
- Older adults
- People with serious illnesses such as cancer and HIV/AIDS

Why should I keep my pets out of the kitchen?

Pets can bring in germs. If your cat walks on kitchen counters, wash the counters before you fix food.

Why do I have to store foods at the right temperature?

Germs like to grow when the temperature is nice and mild. Don't leave leftovers (such as meat, vegetables, chili beans, and pasta salad) on the table or counter longer than 2 to 3 hours. Keep hot foods HOT and cold foods COLD to stop germs.

Developed by Carolyn Raab, Extension foods and nutrition specialist, Oregon State University.