



University of California  
Cooperative Extension  
**Tulare County**

Agriculture and Natural Resources



Prepared by: \_\_\_\_\_

**FIGHT BAC! CAMPAIGN**

Now a day's food safety seems to be on everybody's mind. The way we used to do things is now longer the right way. But don't despair, now there a new campaign called Fight BAC! Which gives you four easy steps you can take to protect you and your family.

**CLEAN: WASH HANDS AND SURFACES OFTEN.**

Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, sponges and counter tops.

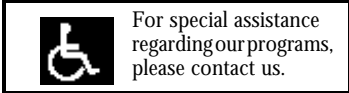
- Wash your hands with hot soapy water before handling food.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food. Use plastic or other non-porous cutting boards. These boards should be run through the dishwasher-or washed in hot soapy water-after use.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.

**SEPARATE: DON'T CROSS-CONTAMINATE.**

Cross-contamination is the scientific word for how bacteria can be spread from one food product to another.

- Separate raw meat, poultry, and seafood from other foods in your grocery-shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products.
- Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact

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with raw meat, poultry and seafood.

- Never place cooked food on a plate, which previously held raw meat, poultry and seafood.

### **COOK: COOK TO PROPER TEMPERATURES.**

Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that causes food borne illness.

- Use a clean thermometer, which measures the internal temperature of cooked foods, to make sure meat, poultry, casseroles and other foods are cooked all the way through.
- Cook roast and steaks to at least 145E F. Whole poultry should be cooked to 180E F. for doneness. Cook ground beef to at least 160E F.
- Cook eggs until the yolk and white are firm. Don't use recipes in which eggs remain raw or only partially cooked.
- When using a microwave oven, make sure there are no cold spots in food where bacteria can survive.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to at least 165E F.

### **CHILL: REFRIGERATE PROMPTLY.**

Refrigerate food quickly because cold temperatures keep harmful bacteria from growing and multiplying. Set your refrigerator to 40E F. and your freezer to 0E F.

- Refrigerate or freeze perishables, prepared foods and leftovers within two hours or sooner.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water or in the microwave. Marinate foods in the refrigerator.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
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- Don't pack the refrigerator. Cool air must circulate to keep food safe.

Source: Fight BAC!, US Department of Agriculture and US Food and Drug Administration.

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