

South Central's Health on Blast

Tackling Cross Contamination

Prevent foodborne illness by tackling cross contamination.

Even if you clean your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can still spread illness unless you keep them separate from ready to eat food.

Don't let cross contamination happen to your food, especially for your Super Bowl gathering.



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At the Grocery Store

- Wash your reusable grocery bags often
- Always put raw meats into a disposable plastic bag before putting them in a reusable bag
- Keep meats, fresh produce, and ready-to-eat foods separated
- Store reusable bags at home in a cool, dry place, not in the car
- Do not use reusable grocery bags for other purposes

At Home-Some bacteria can survive and even grow in cool environments like the refrigerator

- The only way to safely know if cooking is over and food is ready to eat is by using a food thermometer. USDA recommends the following minimum internal temperatures for safety:

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- Raw beef, pork, lamb and veal steaks, chops, and roasts to 145 °F with a three minute rest time.
- Raw ground beef, pork, lamb, and veal to 160 °F.
- Poultry to 165 °F.

At the Party

- Perishable foods should not be kept at room temperature for more than two hours. Switch out these items during half time to prevent the same foods from sitting out the whole game.