



Happy 4th of July!

## Four Steps to Food Safety: Clean, Separate, Cook, Chill



### Clean: Wash your hands and surfaces often

- The same rules apply to hand hygiene during COVID-19 apply for food safety. Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.

### Separate: Don't cross-contaminate.

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.

### Cook: To the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.
- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Check this chart for a detailed list of foods and temperatures.

145°F	whole cuts of beef, pork, veal, and lamb; fresh ham (raw); fin fish or cook until flesh is opaque
160°F	ground meats, such as beef and pork
165°F	all poultry, including ground chicken and turkey; leftovers and casseroles

### Chill: Refrigerate promptly.

- Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if it's hotter than 90°F outside).
- Keep your refrigerator at 40°F or below and know when to throw food out.
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter.

Safe Minimum Internal Temperature Chart. Retrieved from [https://www.fsis.usda.gov/wps/portal/](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index)  
 Four Steps to Food Safety. Retrieved from <https://www.cdc.gov/foodsafety/keep-food-safe.html>

## Special BBQ Hints to Avoid Food Poisoning

A BBQ in the back yard or a picnic in the park are ideal ways to spend summer time. However, having food poisoning ten to twelve hours later and potentially ending up in the hospital is not a fun way to spend time this summer. Last year, an estimated 48 million cases of food poisoning were reported, with 128,000 requiring hospitalization. Certain groups are more susceptible to food poisoning, such as people over 65, pregnant women, people with weakened immune systems, and children 5 and under.

Here are some tips to remember to avoid possible food poisoning.

- Keep raw food separate from cooked food.
- Don't use a plate that previously held raw meat, poultry, or seafood for anything else unless you first wash the plate in hot, soapy water. Keep utensils and surfaces clean.
- Marinate food in the refrigerator, not out on the counter.
- And if you want to use some of the marinade as a sauce on your food after it's been cooked, keep a separate portion in reserve. Don't reuse marinade that came in contact with raw meat.
- Do you partially cook food in the microwave, oven or stove to reduce grilling time? If so, do it immediately before the food goes on the hot grill.

See calendar on other side to see what is going on this week

## A Personal Message From Your Health Promotion Team



Dear Health Promotion Team,

I love having a fruit salad at our 4th of July picnic, but which melon is the healthiest to include - cantaloupe, watermelon, or honeydew melon?

Sincerely,  
Fan of Fruit Salad

Dear Fan of Fruit Salad,

Color variety is important when choosing which fruits and vegetables to eat, so I would be less concerned with “the healthiest,” and focus more on variety. The good news is, all of these melons have a high water content to hydrate you, and provide your body with fiber, various vitamins and minerals, as well as phytonutrients. Phytonutrients are nutrients that are not essential for health, but have many health benefits!

Cantaloupe’s light orange flesh means it’s an excellent source of vitamin C and vitamin A. Vitamin C is an important nutrient for immune support.

Due to watermelon’s red flesh, it is high in the phytonutrient lycopene. Lycopene is good for heart health. Although not as rich as cantaloupe, watermelon is still a very good source of vitamin C.

Honeydew melon is a good source of potassium, and the best source of potassium in this list of melons. Potassium is an important mineral that can help lower blood pressure and reduce your risk for stroke.

Melon is great in more than just fruit salad! Try this recipe for Melon Salsa to serve over grilled chicken or fish:  
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/melon-salsa>

Sincerely,  
Health Promotion Team

Phytochemicals. Retrieved from <https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals>  
<https://fdc.nal.usda.gov/index.html>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Air Force Health Promotion HQ

## Community Events

HERE’S WHAT’S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday