

FOOD SAFETY MYTHS AND FACTS

National Food Safety Education Month is in September. It is a great time to educate oneself and others about food safety and about preventing food poisoning. The majority of foodborne illnesses occur in the home, due to incorrect handling of food. However, preventing food poisoning is easy.

Brush up on safe food handling steps with these food safety myths and facts!

Can you tell if food is safe to eat by its look and smell?

NO. Most microorganisms that can make you sick don't change the look or smell of the food.

Is food dropped on the floor OK to eat if you pick it up within 5 seconds?



NO. Microorganisms can transfer to food immediately and cause disease in some cases.

Should raw poultry be washed before cooking?

NO. Washing poultry can spread harmful microorganisms to hands, surfaces, utensils or other food.

Is it safe to thaw frozen food at room temperature?

NO. Thawing food in the refrigerator or in cold water prevents the growth of microorganisms.

Do I have to refrigerate leftover food?

YES. Food becomes unsafe if left at room temperature for more than two hours.

Can dish cloths spread dangerous bacteria?

YES. Dish cloths and sponges can carry and spread dangerous bacteria. Disinfect them in sanitizing solution or boil in water.

Can I get sick from food I ate 3 days ago?

YES. Some dangerous microorganisms take longer than a few hours to make you sick.

Do organic fruits and vegetables need to be washed?

YES. All produce, including organic, should be washed with clean water to remove physical contaminants and reduce the risk from any harmful microorganisms or chemicals.



Are you and your food establishment up to date on food safety regulations?

The Morris County Division of Public Health is offering a **FREE Food Handlers Course** on October 3, 2023 at the Hanover Township Municipal Building 1000 Route 10, Whippany, NJ, 07981, 9:30AM-11:30AM. Registration is required, please contact the Morris County Division of Public Health at 973-631-5484 to register.



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