



# Home Food Safety

## MYTHBUSTERS

Source: Fightbac.org



**MYTH:** Leftovers are safe to eat until they smell bad.

**FACT:** The types of bacteria that do cause illness do not affect the taste, smell or appearance of food. If you are unsure how long your leftovers have been sitting in the refrigerator, do not take the risk – when in doubt, throw it out!

**MYTH:** Putting raw chicken in a colander and rinsing it with water will remove bacteria like salmonella.

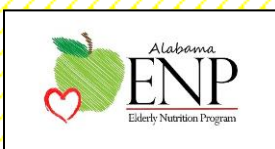
**FACT:** Rinsing raw poultry in a colander will not remove bacteria and can cause cross-contamination. It can spread raw meat juices around your sink, countertops and onto ready-to-eat foods. Bacteria such as salmonella can only be killed when the poultry is cooked to an internal temperature of 165° F.

**MYTH:** I don't need to wash my produce if I am going to peel it.

**FACT:** You should wash fresh fruits and vegetables under running tap water before eating, cutting or cooking to remove any harmful bacteria that could be on the outside of the produce. If you peel or cut it first without washing it, the bacteria could be transferred to the edible part.

**MYTH:** I use bleach and water to sanitize my countertops and the more bleach I use the more bacteria I kill.

**FACT:** There is no advantage to using more bleach. In fact, overuse of bleach can be harmful because it is not safe to consume. To create a sanitizing solution, it is recommended that you use 1 tablespoon of liquid bleach per gallon of water.



ADSS Nutrition Team, Summer FY17