



STOP3000
Food Safety Facts and Links
for Social Media Sharing

September 1, 2021		
	Fact	Food poisoning (also known as foodborne illness or foodborne disease) is an illness caused by bacteria or other pathogens in food. Food poisoning causes an estimated 48 million illnesses (1 out of 6 Americans) with 128,000 hospitalizations and 3,000 deaths each year in the United States, according to the Centers for Disease Control and Prevention.
	Story Link	Alex: https://stopfoodborneillness.org/stories/alexander-thomas/
September 2, 2021		
	Fact	Did you know? ...the U.S. Centers for Disease Control and Prevention estimates that each year roughly one out of six Americans (that's 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases.
	Story Link	Alv: https://stopfoodborneillness.org/stories/alv/
September 3, 2021		
	Fact	The symptoms and severity of food poisoning vary, but common symptoms include upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever and dehydration.
	Story Link	Ana: https://stopfoodborneillness.org/stories/ana/
September 4, 2021		
	Q.	You defrost meat, poultry, and seafood in the following way: A. Set them on the kitchen counter until they are thawed. B. Take them out of the freezer and put them into the refrigerator. C. Microwave them.
	A.	B. Take them out of the freezer and put them into the refrigerator.
	Story Link	Brooke: https://stopfoodborneillness.org/stories/brooke/
September 5, 2021		
	Fact	Did you know? ...that reducing foodborne illness by just 1% would keep about 500,000 Americans from getting sick each year. Reducing foodborne illness by 10% would keep about 5 million from getting sick.
	Story Link	Carolyn: https://stopfoodborneillness.org/stories/carolyn/
September 6, 2021		
	Fact	Did you know? ...recent studies show there's no benefit to washing meat and poultry. In fact, if you think you're removing bacteria from meat and poultry by washing it, you are allowing germs to spread to other ready-to-eat foods and causing cross-contamination in the process. The way to kill bacteria is to cook all meat, poultry and seafood to safe temperatures. And remember to use a meat thermometer to check if your meat is done!
	Story Link	Draak: https://stopfoodborneillness.org/stories/draak/
September 7, 2021		
	Fact	Did you know? ...the same pathogens that cause food poisoning can cause arthritis, kidney failure, meningitis and Guillain-Barré syndrome. The Food and Drug Administration estimates that about 2 - 3% of all food poisoning cases lead to secondary long-term illness such as these.
	Story Link	Florence: https://stopfoodborneillness.org/stories/florence/



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September 8, 2021		
	Q.	Happy Holidays!! Can pasteurized egg products be used in eggnog?
	A.	Yes, they can. Using raw, unpasteurized eggs can make you sick, because some might carry the bacterium <i>Salmonella</i> or other organisms.
	Story Link	Grayson: https://stopfoodborneillness.org/stories/grayson/
September 9, 2021		
	Fact	Did you know? ... leftovers should be stored in airtight shallow containers (two inches or less) for rapid cooling and to prevent the spread of bacteria. The time it takes for food in a large container to cool can be long enough for bacteria to grow. Never allow leftovers to cool to room temperature before refrigerating them.
	Story Link	Henry: https://stopfoodborneillness.org/stories/henry/
September 10, 2021		
	Q.	Foods NOT likely to support bacterial growth are: (a) Fresh meat and poultry (b) Fish and seafood (c) Dried pasta, noodles or bread (d) Milk and cream
	A.	(c) Dried pasta, noodles or bread
	Story Link	Kayla: https://stopfoodborneillness.org/stories/kayla/
September 11, 2021		
	Q.	The correct way to thaw meat is: (a) Leave on the bench over night (b) In the refrigerator on the bottom shelf (c) In the sink (d) Cook it still frozen
	A.	(b) In the refrigerator on the bottom shelf - in a pan to catch any juices.
	Story Link	Lauren-Beth: https://stopfoodborneillness.org/stories/lauren-beth/
September 12, 2021		
	Fact	Did you know certain people have an increased risk for foodborne illness. "At risk" groups include: <ul style="list-style-type: none"> • Pregnant women and newborns • Older adults • People with weakened immune systems and chronic illness including diabetes, kidney disease, AIDS and cancer patients.
	Story Link	Lea: https://stopfoodborneillness.org/stories/lea/
September 13, 2021		
	Q.	True or False? I need to wash my hands when handling ready-to-cook foods
	A.	True. Wash your hands before and after handling any food. Not washing your hands can spread any bacteria that are present, either from the food to your hands and your surroundings or from your hands to the food.
	Story Link	Michael & Stephanie: https://stopfoodborneillness.org/stories/michael-and-stephanie/
September 14, 2021		
	Fact	Although long-term risks of food poisoning are relatively rare, they can be very serious when they do happen, resulting in problems such as kidney failure, chronic arthritis and brain or nerve damage. In extreme cases, foodborne illness can also result in death.
	Story Link	Morgan: https://stopfoodborneillness.org/stories/morgan/



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September 15, 2021		
	Fact	<p>If chicken is on your menu, follow these tips when shopping or cooking to help prevent food poisoning:</p> <ul style="list-style-type: none"> - Place raw chicken in a disposable bag before putting it in your shopping cart or refrigerator to prevent raw juices from getting onto other foods. - Wash hands with warm soapy water for 20 seconds before and after handling chicken. - Do not wash raw chicken. During washing, chicken juices can spread in the kitchen and contaminate other foods, utensils, and countertops. - Use a separate cutting board for raw chicken. - Never place cooked food or fresh produce on an unwashed plate, cutting board, or other surface that previously held raw chicken.
	Story Link	Nellie: https://stopfoodborneillness.org/stories/nellie/
September 16, 2021		
	Fact	<p>FORTY-NINE PERCENT OF AMERICA EATS A SANDWICH EVERY DAY.</p> <p>While the United States has plenty of culinary diversity, the sandwich may be the most popular dish nationwide. According to a 2014 study, on average, 49 percent of Americans over 20 eat one sandwich every day. But the sandwich wasn't always so beloved. During the Revolutionary War, many Americans avoided sandwiches, along with other foods of British origin. Though sandwiches were popular in England throughout the eighteenth century, the first sandwich recipe didn't appear in an American cookbook until 1815.</p>
	Story Link	Nicole: https://stopfoodborneillness.org/stories/nicole/
September 17, 2021		
	Fact	<p>How to Reduce the Risk of Food Poisoning</p> <p>You can significantly reduce your risk of food poisoning by handling food safely and following four easy steps:</p> <p>Wash - Wash your hands, all surfaces and utensils used to prepare food and all fresh fruits and vegetables.</p> <p>Separate - Keep raw meat, poultry, seafood and eggs separate from ready-to-eat foods.</p> <p>Cook - Use a food thermometer to make sure foods are cooked to the appropriate internal temperature.</p> <p>Refrigerate - Store perishable foods at or below 40°F within two hours. If the surrounding temperature is above 90°F, then refrigerate within one hour.</p>
	Story Link	Richard: https://stopfoodborneillness.org/stories/richard/
September 18, 2021		
	Q.	Some ready-to-cook foods were already partially cooked at the factory. Did this kill any bacteria that might have been present?
	A.	No. Partial cooking at the factory makes foods more convenient, but it wasn't necessarily done at temperatures high enough or for long enough to kill any bacteria that may have been present.
	Story Link	Riley: https://stopfoodborneillness.org/stories/riley/
September 19, 2021		
	Fact	Did you know that leftovers should be stored in airtight shallow containers (two inches or less) for rapid cooling and to prevent the spread of bacteria. The time it takes for food in a large container to cool can be long enough for bacteria to grow. Never allow leftovers to cool to room temperature before refrigerating them.
	Story Link	Shirley: https://stopfoodborneillness.org/stories/shirley/



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September 20, 2021		
	Fact	The top five pathogens accounting for the vast majority of food poisoning outbreaks include: Norovirus, Salmonella, Clostridium perfringens, Campylobacter and Staphylococcus aureus. Food poisoning also can result from foods or drinks that are contaminated with Escherichia coli (E.Coli), Listeria and Clostridium botulinum (or botulism) and result in severe reactions requiring hospitalization.
	Story Link	Zella: https://stopfoodborneillness.org/stories/zella/
September 21, 2021		
	Fact	The 5-second “rule” is a myth. Food that touches the floor (where everybody walks, including pets) needs to be thrown away, not put in your mouth.
	Video Link	https://vimeo.com/stopfoodborneillness/intro
September 22, 2021		
	Fact	Know what spoiled food looks like: If vegetables/fruits are wilting, moldy, discolored, wrinkly, or squishy it’s more than likely not something you want to eat. Bruising, however, is typically caused by handling, not spoilage, so you can cut around a bruise and still enjoy the fruit.
	Video Link	Introductory Video in Portuguese: https://vimeo.com/317550598
September 23, 2021		
	Fact	Did you know a large percentage of food poisoning cases could be eliminated if people washed their hands more often when preparing and handling food.
	Video Link	Introductory Video in Spanish: https://vimeo.com/317550556
September 24, 2021		
	Fact	As with any food, a ready-to-cook food that has become contaminated with bacteria or other organisms that could make you sick might look and smell normal.
	Story Link	Serena: https://stopfoodborneillness.org/candc_sherri-profitt-serenas-bill/
September 25, 2021		
	Q.	If a ready-to-cook food is contaminated with bacteria that could make me sick, freezing will kill the bacteria.
	A.	False. Many kinds of bacteria can live even at freezing temperatures.
	Story Link	Kayla: https://stopfoodborneillness.org/stories/kayla/
September 26, 2021		
	Fact	Everyone has some risk of getting food poisoning, but some people are at greater risk of developing serious illness with long-term effects. These high risk groups include older adults, infants and young children, pregnant women and people with weakened immune systems and chronic illness such as diabetes, kidney disease, HIV/AIDS and some cancer patients.
	Story Link	Lauren-Beth: https://stopfoodborneillness.org/stories/lauren-beth/
September 27, 2021		
	Fact	One of the most basic and important ways to make sure your food is safely stored is using a thermometer to set your refrigerator (40°F) and freezer (0°F) to safe temperatures. Bacteria either doesn’t grow, or grows very slowly, at these temperatures.
	Story Link	Morgan: https://stopfoodborneillness.org/stories/morgan/
September 28, 2021		
	Fact	When shopping, keep raw poultry/meat/seafood in separate plastic bags away from other foods in your cart. The same goes for checkout, and transport home. Avoid bruised or damaged produce. Avoid canned goods that are dented, leaking, or rusted – these can be a breeding ground for harmful bacteria. Look for poultry and meats raised without the routine use of antibiotics.



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Story Link	Nicole: https://stopfoodborneillness.org/stories/nicole/
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September 29, 2021		
	Fact	Using a food thermometer, reheat leftovers to a minimum safe internal temperature of 165°F. (Steaming hot all the way through.) Covering food retains moisture and helps ensure even cooking on the stove or in the microwave. Bring sauces, stews, soups, and gravies, to a rolling boil.
	Story Link	Riley: https://stopfoodborneillness.org/stories/riley/
September 30, 2021		
	Fact	Organize your kitchen by equipping it with key items needed for safe food handling: at least two cutting boards (one for raw meats, and one for other ready-to-eat foods), a food thermometer, and shallow storage containers. Be sure the refrigerator is set at 40°F or below, and the freezer is set at 0°F or below.
	Story Link	Zella: https://stopfoodborneillness.org/stories/zella/

The links below are some of the voices that have been silenced . . . Please share the links with your supporters.

- Alex <https://stopfoodborneillness.org/stories/alexander-thomas/>
- Aly <https://stopfoodborneillness.org/stories/aly/>
- Ana <https://stopfoodborneillness.org/stories/ana/>
- Brooke <https://stopfoodborneillness.org/stories/brooke/>
- Carolyn <https://stopfoodborneillness.org/stories/carolyn/>
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