



# Maricopa County

## News Release

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## Food borne Illness 101: Holiday Safety

The 4<sup>th</sup> of July is here and we're celebrating our independence once again. While we are out there grilling, picnicking, and enjoying family gatherings, there are a few things to keep in mind when preparing and consuming food. To keep your family safe from salmonella and other food borne illnesses, utilize the following guidelines.

### Cleaning Tips

- Wash hands before eating or preparing food, after using the restroom, between handling raw and ready-to-eat items and after handling pets. Wash with hot soapy water and dry with paper towels.
- To sanitize surfaces, use a solution of regular household bleach and warm water. Add about 1 tablespoon of bleach to 2 gallons of water for the right concentration.

### Food Preparation Tips

- Be sure to wash all meat and produce thoroughly before use.
- Separate raw foods from ready-to-eat foods. Use different cutting boards or wash, rinse and sanitize after contact with raw meat, poultry and seafood. Never use the same plate for raw and cooked foods.
- Make sure meat juices don't contaminate your ice cooler!
- Handle all cut melons carefully, including cantaloupe and watermelon. Thoroughly clean the outer surface before slicing, and keep work surface and utensils used to prepare the melon clean and sanitized. Refrigerate sliced melon promptly at 41 degrees Fahrenheit or lower.
- Ice intended for drinking should be separated from food and food contact surfaces to ensure its safety. Use tongs or utensils to dispense ice and never handle ice directly with your hands.

### Cook and Keep Foods at the Proper Internal Temperature

- Heat Ground Beef to 158°F
- Heat Poultry and Stuffed Meats to 165°F
- Heat Pork Products to 150°F
- Reheat Leftovers to 165°F

To ensure you reach the safest internal temperature, always check cooked foods with a metal-stemmed thermometer and cook another 15 seconds after the thermometer indicates it has reached the proper temperature. Within two hours, cool and maintain leftovers at 41 degrees Fahrenheit or lower or freeze at zero degrees or lower.

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It is also important to know that pregnant women, infants, and the elderly are most at risk and vulnerable to food borne illness. Please help keep these individuals safe this holiday!

For more information please visit: [www.maricopa.gov/envsvc](http://www.maricopa.gov/envsvc) or call Environmental Services department at: 602-506-6616.

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