

"Best Practices to Preventing Foodborne Illness" Four Easy Steps

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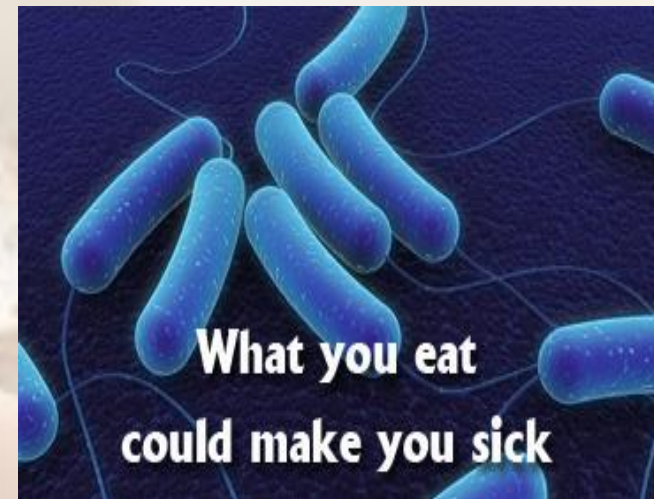
Challenge

Foodborne illness / disease or most commonly referred to as food poisoning is often caused by food that looks, smells and tastes normal

Consumption of food that contains harmful Substances, harmful micro-organisms such as bacteria, viruses, and parasites and their toxins leads to food poisoning

Common symptoms:

- ★ Stomach aches
- ★ Vomiting
- ★ Diarrhea
- ★ Fever



Food Contamination

Contamination can occur at several points along the food supply chain

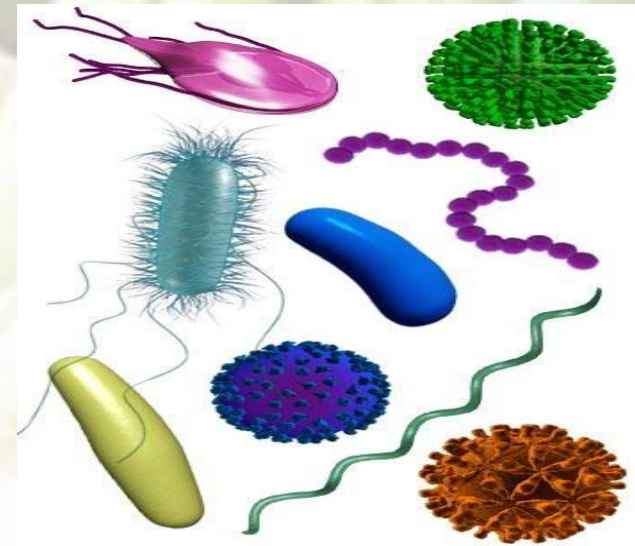
- ★ On the farm / in the field
- ★ During food processing
- ★ At the point of sale
- ★ At home



We, as an individual, have very little control on food safety until the food item reaches home.

Causes

- ★ Bacteria & Viruses
- ★ Parasites
- ★ Mold, Toxins & Contaminants
- ★ Allergens



Long Term Effects

The impact of food poisoning can be devastating and deadly at times.



- ★ Kidney Failure
- ★ Chronic Arthritis
- ★ Brain & Nerve Damage
- ★ Death

Susceptibility

Certain Groups of people are more vulnerable to food poisoning

- ★ Pregnant Women
- ★ Older Adults
- ★ Persons with Chronic Illness



Vulnerable
adults
people
Vulnerable

Solution



Good hygiene practices before, during, and after food preparation can reduce the chances of an illness.

Prevention of Foodborne Illness – Four Keys to Food Safety & Quality

Clean



★ Wash hands and nails before handling food and often during food preparation

★ Wash and sanitize all surfaces and equipment used for food preparation

★ Protect kitchen areas and food from insects, pests and other animals

★ Rinse fresh produce but not raw meat / poultry / fish



Separate

- ★ Do not cross contaminate food items
- ★ Separate raw meat, poultry, fish from other food items
- ★ Use separate equipment and utensils for raw food
- ★ Store food in separate containers to avoid contact between raw and cooked food



Cook

- ★ Cook high risk food thoroughly.
- ★ Especially food items like: chicken, meat, poultry, and seafood
- ★ Do not rely on the color of cooked food
- ★ Always use a food / meat thermometer



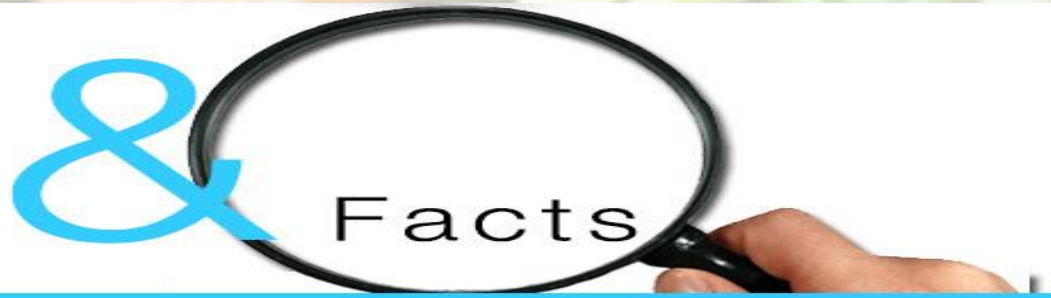
- ★ Keep hot food hot
- ★ Maintain the temperatures of hot food at 60°C until served
- ★ Reheat packaged / freeze d food until steaming hot before serving

Chill

- ★ Keep cold food cold
- ★ Do not leave cooked food at room temperature for more than 2 hours
- ★ Promptly refrigerate cooked food and perishable food below 5°C
- ★ Do not freeze food for longer periods as well
- ★ Do not melt frozen food at room temperature



Myths



Myth # 1: Food poisoning isn't that big of a deal. I just have to tough it out for a day or two and then it's over.

Fact: Many people don't know it, but some foodborne illnesses can actually lead to long-term health conditions, and 3,000 Americans a year die from foodborne illness.

Myth # 2: I don't need to wash fruits or vegetables if I'm going to peel them.

Fact: Because it's easy to transfer bacteria from the peel or rind you're cutting to the inside of your fruits and veggies, it's important to wash all produce, even if you plan to peel it

Myth # 3: Leftovers are safe to eat until they smell bad.

Fact: Because it's easy to transfer bacteria from the peel or rind you're cutting to the inside of your fruits and veggies, it's important to wash all produce, even if you plan to peel it

Summary

To ensure food safety and quality, we need to

- ★ Use safe water, use water treatment processes to make it safe
- ★ Select fresh and wholesome foods
- ★ Choose foods that are processed for safety
- ★ Wash fruits and vegetables thoroughly, especially if eaten raw
- ★ Promptly check the expiry dates before using food items



Thank You

For any Questions / Clarifications:

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References:

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