



Food Safety At Work

Get Hands-on Experience

Always wash hands before, during, and after handling food. (See infographic.)

Be Proactive

Don't wait for the office clean-up crew. Toss your leftovers within three to five days.

Watch the Clock

If you've packed perishable food items such as meat and cheese sandwiches, leftovers, salads or dairy foods for lunch, don't let more than *four hours* pass from the time you make your lunch at home until you put it in the office refrigerator or until you take any leftovers home.

Limit Lunchtime Lingering

If you have lunchtime leftovers, refrigerate them promptly below 40 degrees as soon as you're finished eating. Don't keep them at your station all day, where they may reach temperature to develop harmful bacteria. (See temp. guide above.)

Review the Refrigerator

Not sure what the temperature is in your office refrigerator? Stick a thermometer in the refrigerator and check to make sure it's set below 40 degrees F.

Micro(wave) Manage

If leftovers are your go to when it comes to lunch, be sure to re-heat them to the proper temperature of 165 degrees Fahrenheit. Also, thaw frozen foods in the refrigerator or microwave, not on the countertop or in standing water in the sink.

Article adapted from:

<http://www.eatright.org/resource/homefoodsafety/safety-tips/at-the-office/food-safety-at-the-office>

Check Your Sources

Nearly three out of five Americans who work in offices where food is left out to share indulge in these social snacks at least once a week. If food is perishable, find out how long it's been sitting out before you dig in. If it's more than *four hours*, you may want to take a pass.

Food Safety Resources for Jackson County, IL:

<http://www.ichdonline.org/index.php/topics/e-i/47-programs-and-services/environmental-health/309-food-and-food-regulations>

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

