



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson 8

Keep your child safe

Young children are at an increased risk of getting sick from foodborne illness, also called food poisoning. Bacteria grow quickly if food is not handled properly, especially if not kept at the right temperature. See the "Danger Zone" in this newsletter.

Wash hands, check the "sell by" date



- Wash hands with soap and running water for 20 seconds. Wash between fingers, under nails and up to the wrists.
- Wash cutting boards with hot water and soap. Sanitize the cutting board (kill bacteria) with the following: 1 tablespoon of bleach to 1 gallon of water. This sanitizing mixture can be used to sanitize kitchen surfaces, too.
- When shopping, check food packages to make sure the "sell by" date hasn't passed. This is the last date that a store should sell a product.



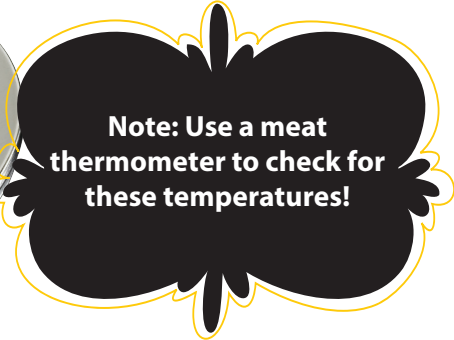
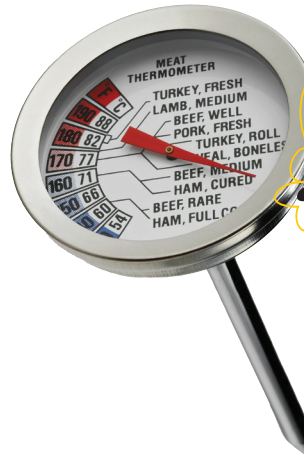
Leftovers: Handle them right!

- Put leftovers in the refrigerator right away.
- Use shallow containers for quick cooling.
- *Using taste to see if old leftovers are safe to eat?* Foods may taste and smell OK, but not be safe to eat if they are old leftovers. all leftovers should be used or frozen within 3-4 days.



Danger Zone!

Bacteria multiply rapidly between 40 and 140 degrees F — this is called the Danger Zone. Above 160 degrees F, heat destroys most bacteria. Refrigerating foods below 40 degrees F slows their growth. Freezing stops bacterial growth, but it doesn't kill bacteria. Never leave food in the Danger Zone for more than two hours or more than one hour when temperatures are above 90 degrees F.



Cook eggs until yolks and whites are firm.

165 degrees F	-----	} Whole poultry, turkey, chicken Poultry breasts, thighs, wings, roasts Stuffing, ground poultry
165 degrees F	-----	
165 degrees F	-----	
160 degrees F	-----	Ground beef, pork, veal, lamb and egg dishes
145 degrees F	-----	Roasts (beef, pork, etc.) and hams
140 degrees F	-----	Keep foods served hot at 140 degrees—this is also the internal temperature to reach for reheating ham
<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 20px;"> </div> <div style="text-align: center;"> <h2 style="color: white;">Danger Zone</h2> <h3 style="color: white;">Between 40 and 140 degrees F</h3> </div> </div>		
40 degrees F	-----	Refrigerator temperatures
0 degrees F	-----	Freezer temperatures

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.



Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension, University of Missouri, Columbia, MO 65211 • MU Extension provides equal opportunity to all participants in extension programs and activities and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability or protected veteran status. • 573-882-7216 • extension.missouri.edu