

# Food Poisoning: When In Doubt, Throw It Out!

**F**ood poisoning occurs when bacteria enters the body through contaminated food and causes you to become ill. It usually results from improper hand washing or when foods are not prepared or served properly. Be sure to keep all utensils and cutting boards clean and cook foods at the proper temperature.



KEEP COLD FOODS **COLD**

AND HOT FOODS **HOT**



## When shopping for food:

- Buy foods with the latest “sell-by” or expiration date.
- Do not buy canned goods with bulges, leaks or dents.
- Put cold, frozen or hot foods in your shopping cart last.
- Wrap meat and poultry in plastic bags so their juices do not leak onto other foods..
- After shopping, put the food into your refrigerator or freezer as soon as you can.

## When storing foods:

- If you are not going to use fresh meat, poultry or fish within a few days, freeze them.
- Use fresh or thawed meats as soon as you can:
  - store beef, lamb and steaks no longer than 4 days in the refrigerator.
  - store veal and pork roasts no longer than 3 days in the refrigerator.
  - store poultry and ground meat no longer than 2 days in the refrigerator.

## When preparing and cooking foods:

- Wash your hands, utensils, cutting boards and counters with warm, soapy water before and after handling raw foods.
- Use a plastic cutting board. Wood cutting boards are hard to clean and germs can hide in cracks.
- Keep raw meats away from fruits, vegetables and cooked food.
- Wash all fruits and vegetables before eating.
- Thaw foods in the refrigerator or microwave. Do not thaw them on the counter top. If you must thaw in a hurry, put the food in a water-tight plastic bag and soak in cold water.
- Do not eat raw or undercooked meats, poultry or eggs. Cook them until they are done:
  - cook red meat until it looks brown inside (150-165 degrees Fahrenheit).
  - cook chicken until the juices look clear, not pink (170-180 degrees Fahrenheit).
  - cook fish until it flakes.

If you think someone has  
been poisoned,  
call the

Poison Control Center  
at  
1-800-222-1222



HUDSON VALLEY  
POISON EDUCATION CENTER  
at Phelps Memorial Hospital Center  
755 North Broadway, Suite 200  
Sleepy Hollow, NY 10591

Ph: 914-366-3577 Fax: 914-366-1512  
Email: [PoisonEdu@pmhc.us](mailto:PoisonEdu@pmhc.us)  
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