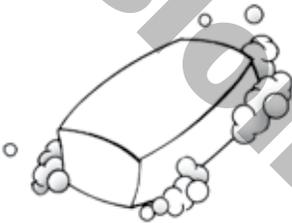




Keeping food safe to eat

Have you ever had stomach cramps, headache, diarrhea, vomiting, fever and body aches? Maybe you thought you had the flu, but it could have been foodborne illness. Although symptoms of foodborne illness are similar to the flu, it's caused by eating or drinking harmful microorganisms (bacteria, parasites, viruses) or chemical contaminants found in some foods or drinking water. You and your unborn baby are at a high risk for foodborne illness because your immune system is weakened during pregnancy. This makes it harder for you and your unborn baby to fight off foodborne illness.

Foodborne illness can cause serious health problems – even death – for you and your baby. To prevent foodborne illness, follow these four food safety steps:



1. Clean

- Wash hands thoroughly for at least 20 seconds with warm water and soap.
- Wash hands before and after handling food, and after using the bathroom, changing diapers or handling pets.
- Use clean sponges and towels.
- Rinse raw fruits and vegetables thoroughly under running water.
- Bandage cuts on your hands.
- Wipe up spills right away.



2. Separate

- Keep raw meat, poultry and seafood separate from ready-to-eat foods.
- Don't cross contaminate. Wash cutting boards and utensils used for raw meat, poultry or seafood thoroughly with hot water and soap before cutting other foods.
- If possible, use one cutting board for raw meat, poultry and seafood and another one for fresh fruits and vegetables.
- Use clean dishes and utensils for serving, not something that has touched raw meat, seafood or poultry.
- Keep raw meat, poultry and seafood on a tray on the lowest refrigerator shelf to keep juices from dripping onto other foods.

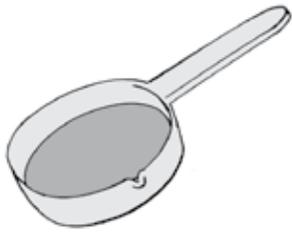
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3. Cook

- Cook foods thoroughly. Use a food thermometer to check the temperature.
- Food that has been allowed to remain at temperatures prime for bacterial growth can be harmful when eaten. Keep foods out of the danger zone as much as possible — the danger zone is 41 to 140 degrees F.
- Cook eggs until yolks are firm, not runny.



4. Chill

- Discard foods left out at room temperature for more than two hours.
- Keep your refrigerator at 40 degrees F or below. Keep your freezer at 0 degrees F or below. Use an appliance thermometer to check the temperature.
- Refrigerate or freeze perishable foods like meat, fish, poultry, seafood and dairy products — refer to the storage chart on the next page.
- Before chilling, divide large amounts of leftovers into smaller, shallow containers so they will cool quickly.
- Thaw meat in the refrigerator or microwave, not at room temperature.

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 dss.mo.gov/fsd/fstamp.

Safe food — to go!

Keep everything clean:

- Always prepare food with clean hands, clean equipment and in a clean work area.
- Pack hand sanitizer with your lunch in case soap and water are not available.
- Pack your lunch in a clean lunch box or paper bag.
- Wash out your lunch box with warm water and soap after each use.

Make sure these foods stay cold in your packed lunch:

- Meat sandwich
- Tuna or egg salad sandwich
- Milk, cheese or yogurt
- Canned fruit that has been opened
- Fresh vegetables
- Any food that must be refrigerated

These foods don't need to be kept cold in your packed lunch:

- Peanut butter sandwich
- Cookies, crackers or chips
- Fresh fruit (in the peel)
- Unopened cans of fruit or pudding

Just chill! Here are some ways to keep your lunch safe:

- Make sure cold foods are thoroughly chilled before packing them in your lunch.
- Pack cold foods and frozen foods together — they will stay cold longer.
- Freeze sandwiches to keep them safe. They will thaw by lunch. Most raw veggies don't freeze well, so pack them separately and add them right before eating.
- To keep your lunch cold, add a frozen commercial gel pack, water frozen in a leak-proof container, ice cubes in a zipper bag, or a frozen juice box (it will thaw by lunchtime so you can drink it).

Refrigerator and freezer storage chart

Since product dates aren't a guide for safe use of a product, consult this chart. These short but safe time limits will help keep refrigerated food 40 degrees F (4 degrees C) from spoiling or becoming dangerous.

- Purchase the product before sell-by or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its original package until just before using.
- If freezing meat and poultry in its original package longer than two months, overwrap these packages with airtight heavy-duty foil, plastic wrap or freezer paper, or place the package inside a plastic bag.

Because freezing 0 degrees F (-18 degrees C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator (40 degrees F)	Freezer (0 degrees F)
Eggs		
Fresh, in shell	3 to 5 weeks	Don't freeze
Raw yolks, whites	2 to 4 days	1 year
Hard-cooked	1 week	Don't freeze well
Liquid pasteurized eggs or egg substitutes,		
opened	3 days	Don't freeze
unopened	10 days	1 year
Mayonnaise, commercial (refrigerate after opening)	2 months	Don't freeze
TV dinners, frozen casseroles		
Keep frozen until ready to heat		3 to 4 months
Deli & vacuum-packed products		
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 to 5 days	Don't freeze well
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze well
Store-cooked convenience meats	3 to 4 days	Don't freeze well
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze well
Raw hamburger, ground & stew meat		
Hamburger & stew meats	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb	1 to 2 days	3 to 4 months
Ham, corned beef		
Ham, canned, labeled "Keep Refrigerated"		
unopened	6 to 9 months	Doesn't freeze well
opened	3 to 5 days	1 to 2 months
Ham, fully cooked, whole	7 days	1 to 2 months
Ham, fully cooked, half	3 to 5 days	1 to 2 months
Ham, fully cooked, slices	3 to 4 days	1 to 2 months
Hot dogs & lunch meats		
Hot dogs,		(in freezer wrap)
opened package	1 week	1 to 2 months
unopened package	2 weeks	1 to 2 months
Lunch meats,		
opened package	3 to 5 days	1 to 2 months
unopened package	2 weeks	1 to 2 months

Product	Refrigerator (40 degrees F)	Freezer (0 degrees F)
Soups & stews		
Vegetable or meat-added & mixtures of them	3 to 4 days	2 to 3 months
Bacon & sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 to 2 days	1 to 2 months
Smoked breakfast links, patties	7 days	1 to 2 months
Summer sausage, labeled "Keep Refrigerated,"		
unopened	3 months	1 to 2 months
opened	3 weeks	1 to 2 months
Fresh meat (beef, veal, lamb & pork)		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 to 2 days	3 to 4 months
Meat leftovers		
Cooked meat & meat dishes	3 to 4 days	2 to 3 months
Gravy & meat broth	1 to 2 days	2 to 3 months
Fresh poultry		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, parts	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Cooked poultry, leftover		
Fried chicken	3 to 4 days	4 months
Cooked poultry dishes	3 to 4 days	2 to 3 months
Pieces, plain	3 to 4 days	4 months
Pieces, covered with broth, gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months
Fish & shellfish		
Lean fish	1 to 2 days	6 months
Fatty fish	1 to 2 days	2 to 3 months
Cooked fish	3 to 4 days	4 to 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 to 2 days	3 to 6 months
Canned seafood	<i>after opening</i>	<i>out of can</i>
Pantry, 5 years	3 to 4 days	2 months

Foodborne risks for pregnant women

As a mom-to-be, there are **three specific foodborne risks** you need to be aware of. These risks can cause serious illness or death to you or your unborn child. Follow these steps to help ensure a safe pregnancy.

	What it is	Where it's found	How to prevent illness
Listeria	<p>A harmful bacterium that can grow at refrigerator temperatures where most other foodborne bacteria do not.</p> <p>It causes an illness called listeriosis.</p>	Refrigerated, ready-to-eat foods, and unpasteurized milk and milk products.	<ul style="list-style-type: none"> Follow the four simple steps on pages 1 and 2. Do not eat hot dogs and luncheon meats — <i>unless they're reheated until steaming hot.</i> Do not eat soft cheese, like feta, Brie, Camembert, blue-veined cheeses, queso blanco, queso franco and Panela — <i>unless they're labeled as made with pasteurized milk. Check the label.</i> Do not eat refrigerated pâtés or meat spreads. Do not eat refrigerated smoked seafood —<i>unless it's in a cooked dish, like a casserole.</i> (Refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna or mackerel, is most often labeled as “nova-style,” “lox,” “kippered,” “smoked” or “jerky.” These types of fish are found in the refrigerator section or sold at deli counters of grocery stores and delicatessens.) Do not drink raw (unpasteurized) milk or eat foods that contain unpasteurized milk.
Contaminants found in fish	At high levels, these can be harmful to an unborn baby's or young child's developing nervous system.	Large, long-lived fish, like shark, tilefish, king mackerel and swordfish.	<ul style="list-style-type: none"> Don't eat shark, tilefish, king mackerel and swordfish. These fish can contain high levels of mercury. It's OK to eat other cooked fish/seafood, as long as a variety of other kinds are selected during pregnancy or while a woman is trying to become pregnant. She can eat up to 12 ounces (two average meals) a week of a variety of fish and shellfish that are lower in mercury. <ul style="list-style-type: none"> Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish. Another commonly eaten fish, albacore (white) tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week. <p>For more information, go online to dhss.mo.gov/NewsAndPublicNotices/2008/08FishAdvisory.pdf.</p>
Toxoplasma	A harmful parasite. It causes an illness called toxoplasmosis, which can be difficult to detect.	Raw and undercooked meat, unwashed fruits and vegetables, soil, dirty cat-litter boxes, and outdoor places where cat feces can be found.	<ul style="list-style-type: none"> Follow the four simple steps on pages 1 and 2. If possible, have someone else change the litter box. If you have to clean it, wash your hands with soap and warm water afterward. Wear gloves when gardening or handling sand from a sandbox. Don't get a new cat while pregnant. Cook meat thoroughly.

Adapted from USDA publication “Food Safety At-A-Glance: Protect You and Your Baby.” For more information, visit the FDA's guide to food safety for moms-to-be online at cfsan.fda.gov/pregnancy.html.