

Fake Facts about Food Safety

Locally grown and organic foods never cause food poisoning

- Any food can become unsafe with bacteria if not handled or stored properly.
- To reduce your risk of contracting food poisoning, follow the four steps of keeping food safe: clean, separate, cook and chill (<http://www.fightbac.org/>).



Vegetarians and vegans don't have to worry about food poisoning

- Fruits and vegetables may carry a risk of foodborne illness just like any other food.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
 - Do not use soap, bleach, or detergent to wash produce.
 - Packaged fruits or vegetables that are labeled “ready-to-eat” or “washed” need not be re-washed.

Microwaves kill bacteria so food reheated in a microwave oven is safe.

- Heat generated by the microwaves, not microwaves, are what kill bacteria.
- Food needs to be heated to a safe internal temperature so:
 - Read and follow package cooking instructions
 - Know when to use a microwave or conventional oven
 - Use a food thermometer to ensure a safe internal temperature



For more myths about food safety and how to reduce your foodborne illness risk visit <http://www.fightbac.org>