



Food Safety Facts & Figures

Things you should know about food safety:

4 STEPS TO FOOD SAFETY

 CLEAN	 SEPARATE	 COOK	 CHILL

Did you know?
...the U.S. Centers for Disease Control and Prevention estimates that each year roughly one out of six Americans (that's 48 million people) get sick, 128,000 are hospitalized, and 3,000 die, from foodborne diseases.

Did you know?
...that leftovers should be stored in airtight shallow containers (two

inches or less) for rapid cooling and to prevent the spread of bacteria. The time it takes for food in a large container to cool can be long enough for bacteria to grow. Never allow leftovers to cool to room temperature before refrigerating them.

Did you know?
...a large percentage of food poisoning cases could be eliminated if

people washed their hands more often when preparing and handling food.

Did you know?
...recent studies show there's no real benefit to washing meat and poultry. In fact, if you think you're removing bacteria from meat and poultry by washing it, you actually might be allowing germs to spread to other ready-

to-eat foods and causing cross-contamination in the process. The way to kill bacteria is to cook all meat, poultry and seafood to proper temperatures. And remember to use a meat thermometer to check if your meat is done!

- Did you know?**
...certain people have an increased risk for foodborne illness. These "at risk" groups include:
- Pregnant women and newborns
 - Older adults
 - People with weakened immune systems and chronic illness including diabetes, kidney disease, AIDS and some cancer patients.

Developed by Lisa Weber, SNAP-Ed Nutrition Educator | Reference: Food safety facts and figures, Retrieved from Eatright.org

Recipe



INSTRUCTIONS

Step 1: Heat oil in a large skillet over medium-high heat. Season pork chops with ½ teaspoon each salt and pepper and cook until browned and cooked through, 6 to 8 minutes per side.

Step 2: Add apricot preserves and vinegar to the skillet and cook, turning the pork once, until the apricot mixture coats the pork, 1 to 2 minutes more.

Apricot-Glazed Pork Chops

Total Time: 20 Mins. • Serves 4

INGREDIENTS

- 2 teaspoons olive oil •
- 4 bone-in pork chops •
(1 inch thick; about 2 ½ pounds total)
- kosher salt and black pepper •
- ½ cup apricot preserves •
- 1 tablespoon balsamic vinegar •

Activity

FIND 6 FOOD MISTAKES IN THE PHOTO



Answers: 1. Mayo/ketchup is in the cupboard with the lid off. 2. Books are on the counter. 3. Cat is on the counter. 4. Milk is not in the refrigerator. 5. Sandwich is on the floor. 6. Hotdogs are in the cupboard.



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