



Tuesday's Tip

information provided by Adriance Memorial Library to make your life a little bit easier

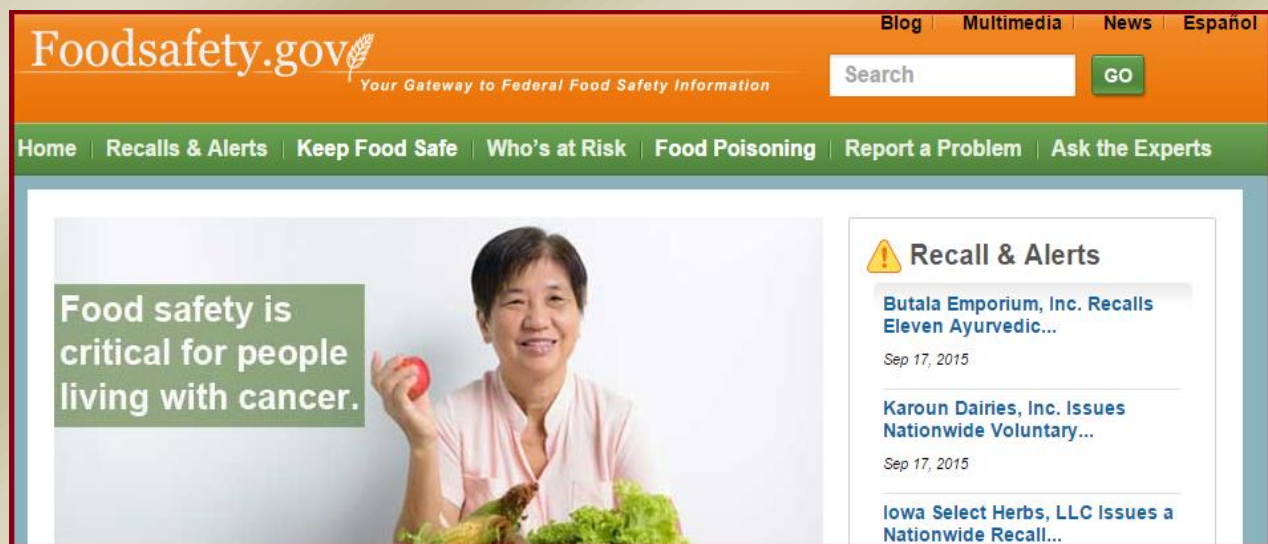
Foodsafety.gov

September 22, 2015

Since September is National Food Safety Education Month today's Tuesday's Tip will explore Foodsafety.gov.

Foodsafety.gov is the U.S. government's portal for official food safety-related information.

Foodsafety.gov offers: information on food recalls and alerts, instructions for food safety, special instructions for those at risk for food borne illness, a listing of food borne illnesses and their symptoms, instructions for reporting food poisoning or suspected tainted food, a database of frequently asked food safety questions, and a section of the site for asking food safety experts question via e-mail or live-chat.



Food Recalls and Alerts



Recalls & Alerts:

- See Recent Recalls
- Get Automatic Alerts
- Get Food Safety Widget

See Recent Recalls

SPECIAL ALERT: Recalls for Cumin Products

Due to the high number of recalls resulting from undeclared allergens in cumin products, we have developed list of all cumin related recalls. Use the link to learn more.

This page lists notices of recalls and alerts from both the U.S. Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA).

Food Safety Tips



Keep Food Safe:

- FoodKeeper App
- Check Your Steps ▶
- Charts: Food Safety at a Glance
- By Types of Food ▶
- By Events and Seasons ▶
- In An Emergency
- What Government Does ▶

Keep Food Safe

This year, one in six Americans will get sick from food poisoning. Find out what you can do to keep you and your family safe.






Check Your Steps

Following four simple steps – **Clean**, **Separate**, **Cook**, and **Chill** – can help protect your family from food poisoning at home.

Charts: Food Safety at a Glance

How long can you store leftovers in the refrigerator? How can you tell when chicken breasts are done? How long does it take to cook a turkey? Check out these charts for fast answers.

Minimum Cooking Temperatures		
Category	Food	Temp
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160
	Turkey, Chicken	165
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145
	Chops & Turkey, whole	165
Poultry	Poultry breasts, whole	165
	Poultry thighs, whole	175

Food Poisoning Causes and Symptoms

- Symptoms
- Causes ▼
- Bacteria and Viruses ▶
- Parasites ▶
- Allergens
- Molds, Toxins and Contaminants
- Long-Term Effects
- How Government Responds

Causes of Food Poisoning

Each year, millions of people in the United States get sick from contaminated food. Symptoms of food poisoning include upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever, and dehydration. Symptoms may range from mild to severe.



Bacteria and Viruses

Bacteria and viruses are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on which bacteria or virus has contaminated the food.



Parasites

Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. In the United States, the most common foodborne parasites are...

Populations at Risk

Who's at Risk:

- Cancer Patients
- Children under Five Years of Age
- Diabetes Patients
- HIV/AIDS Patients
- Older Adults
- Persons with Autoimmune Diseases

Who's at Risk

Food poisoning or foodborne illness can affect anyone who eats food contaminated by bacteria, viruses, parasites, toxins, or other substances. But, certain groups of people are more susceptible to foodborne illness. This means that they are more likely to get sick from contaminated food and, if they do get sick, the effects are much more serious. By following these basic rules of food safety, you can help prevent foodborne illness for yourself and others.

Some of these groups of people include:

- [Cancer Patients](#)
- [Children under Five Years of Age](#)
- [Diabetes Patients](#)



For more information or other reference and collection development assistance,
call the Reference & Information Desk at Adriance Memorial Library at (845) 485-3445 x 3702 or (800) 804-0092 x 3702.

Reporting Food Poisoning and Food Problems

 Report a Problem: Report Food Poisoning Report a Problem with Food	 Report Food Poisoning If you think you have food poisoning or an allergic reaction to food, call your doctor. If it's an emergency, call 911. If you believe you or someone you know became ill from eating a certain food, contact your county or city health department.
	 Report a Problem with Food How to report problems with different types of food, including pet food and restaurant food.

Ask a Food Safety Expert

 Ask the Experts: Ask Karen Other Resources	Ask Karen: Your Food Safety Expert Want to know how long you can safely keep meat in the refrigerator? Or how long to boil an egg? How about whether it's better to use wooden or plastic cutting boards?  Just ask Karen, your guide to expert knowledge on handling and storing food safely and preventing food poisoning. Here's how Ask Karen can help you... <ul style="list-style-type: none">• Use this page to search our database of common food safety questions (available 24/7).• You can also:<ul style="list-style-type: none">◦ Chat online with one of our food safety experts (available weekdays between 10:00 a.m. and 4:00 p.m.)
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Foodsafety.gov En Español

