

# Food Safety

## FACTS:

- Your local health department works to protect the health of consumers by assuring that the food prepared and served in the county's licensed food service establishments is wholesome and safe. They do this by:
  - Make licensing recommendations to the Michigan Department of Agriculture
  - Conduct regulatory inspections at all licensed food service establishments
  - Provide training to food service operators
  - Require a certified food service manager at each licensed establishment
  - Investigate reported foodborne illnesses
- The Michigan Department of Agriculture's (MDA) primary responsibility is assuring the safety and wholesomeness of Michigan's food supply. MDA regularly monitors Michigan's food supply for pesticide residues, micro-organisms, and other substances that would compromise the quality and wholesomeness of the food we eat.
- The US Food and Drug Administration regulates \$417 billion worth of domestic food and \$49 billion worth of imported food each year - everything we eat except for meat, poultry, and some egg products, which are regulated by the U.S. Department of Agriculture.

## Food Safety Month

## RESOURCES:

### LMAS DISTRICT HEALTH DEPARTMENT

Luce County: (906) 293-5107

Mackinac County: (906) 643-1100

Alger County: (906) 387-2297

Schoolcraft County: (906) 341-6951

[www.lmasdhd.org](http://www.lmasdhd.org)

### Michigan Department of Agriculture Food Safety in the Home

[http://www.michigan.gov/mda/0,1607,7-125-1568\\_21390-53829--,00.html](http://www.michigan.gov/mda/0,1607,7-125-1568_21390-53829--,00.html)

### Michigan Department of Agriculture - Food Recalls

[http://www.michigan.gov/mda/1,1607,7-125-1566\\_2404\\_2437---,00.html](http://www.michigan.gov/mda/1,1607,7-125-1566_2404_2437---,00.html)

### US Food and Drug Administration Food Protection Plan

<http://www.fda.gov/oc/initiatives/advance/food.html>

### Food Safety and Inspection Service

<http://www.fsis.usda.gov/Home/index.asp>

### Food Safety Information Center

[http://foodsafety.nal.usda.gov/nal\\_display/index.php?info\\_center=16&tax\\_level=1](http://foodsafety.nal.usda.gov/nal_display/index.php?info_center=16&tax_level=1)



## **WHAT YOU SHOULD KNOW ABOUT FOOD SAFETY AT HOME** *(Information from MDA)*

### **Food shopping:**

- Purchase refrigerated or frozen items after selecting your nonperishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past "Sell-By," "Use-By," or other expiration dates.

### **Food Storage:**

To avoid food poisoning, store food safely in your home. Make sure your refrigerator is in good working condition and store non-perishables in clean, dry cupboards.

- To keep bacteria in check, the refrigerator should run at 40 degrees Fahrenheit and the freezer at 0 degrees Fahrenheit. Generally, keep your refrigerator as cold as possible without freezing milk or lettuce.
- If you won't be using fresh meat, poultry or fish immediately, wrap it well and put it in the coldest part of the freezer.
- Packages of raw meat, poultry or fish should be wrapped well enough (zip-lock bags work great) so juices do not drip onto other food in the refrigerator or freezer.
- Keep non-perishables in "dry, high" places away from pests and dampness.
- When in doubt, throw it out!

### **Food Cooking:**

One of the most important things you can do for yourself and your family is to cook foods thoroughly, especially meat. It takes thorough cooking to kill harmful bacteria!

- Cook hamburgers until the juices run clear and the insides are brown or gray.
- Cook other red meats to 160 degrees Fahrenheit. Cook poultry to 180 degrees Fahrenheit. Cook fish until it flakes easily with a fork.
- Never use raw eggs in food unless the dish is going to be cooked or the egg product is pasteurized. Salmonella, a common bacteria that causes food poisoning, can grow inside fresh, unbroken eggs. Cook eggs until the yolks are firm, not runny. Scramble eggs to a firm texture. And do not eat cookie dough made with raw eggs.
- When you cook ahead of time, divide large portions of food into small, shallow containers for refrigeration. The key is safe, rapid cooling to prevent the growth of bacteria.

## **SERVICES AVAILABLE:**