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SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 56 YEARS.

Avoiding **Salmonella**

In many cases involving Salmonella poisoning, the proper handling of food in the home, including inadequate cooking of breaded, processed chicken products, such as chicken strips, burgers and nuggets, can prevent Salmonella altogether.

These products are often sold frozen. They may be either raw or partially cooked, and breaded or non-breaded. Although they may look like a cooked product, they have not been heat treated to destroy bacteria such as Salmonella and should be considered a raw chicken product. Contact with other foods and surfaces (such as kitchen counters) should be avoided to prevent bacteria from spreading. These products should be cooked until a minimum internal temperature of 74°C (165°F) has been reached. This temperature needs to be reached to effectively destroy Salmonella.

To reduce the risk of Salmonella in processed chicken products, it's important to:

- Read and follow proper cooking and handling instructions on the package.
- Avoid cooking raw or partially cooked processed chicken products in the microwave as this may not provide even heat distribution.
- Treat uncooked processed chicken products as raw chicken - keep them away from other foods to avoid contamination. Wash your hands before and after handling the products.
- Avoid leaving cooked chicken nuggets, strips and burgers at room temperature for extended periods of time. Cooked products should be eaten immediately or put in a refrigerator at temperatures below 4°C (40°F). After being in the refrigerator, they should be reheated to a minimum internal temperature of 74°C (165°F) before eating.

How Can You Prevent Salmonellosis?

- Wash hands thoroughly before, during and after food preparation.
- If you have diarrhea do not prepare food, care for hospitalized patients, the elderly or children.
- Cook ground poultry and poultry pieces to a minimum temperature of 74°C (165°F). Whole poultry must be cooked to 82°C (180°F). Cook other ground meats to 71°C (160°F). Use a probe thermometer to verify cooking temperatures.
- Place cooked foods on clean surfaces to prevent recontamination.
- Do not leave food at room temperature for longer than two hours.
- Use only pasteurized milk and milk products.
- Thoroughly cook eggs. Do not consume raw eggs or inadequately cooked eggs (over easy, or sunny side up). Do not use an egg if the shell has been broken or damaged before you handle it.
- Thoroughly wash fruits and vegetables before eating them.
- When buying, preparing and storing food, keep raw meats separate from all other food.
- Reptiles have been associated with Salmonellosis; always wash your hands after handling them. Reptiles, including turtles, are not appropriate pets for children.



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