Food - Prevent Cross-Contamination

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## Notes

### The book:

Cross-cntam = bacteria or virus on contaminated surface -> uncontaminated surface  
Bacteria on raw food = ok, it will die during cooking  
Bacteria on ready-to-go foods = bad

#### Prevention

* Store food well - Refrigerate, proper temps,
* Sealed tightly w/ lids - No bacteria in
* Raw food away from ready-to-go foods - Ready to go foods do need cooking, and so wont kill the bacteria in it.
* Different foods for each food group - Raw meat away from all
* Wash hands - Wash regularly, just be safe basically
* Avoid unnecessary contact with food -
* Keep cleaning things
* Change/sanitise cleaning cloths
* Air dry equipment and untensils

#### Risk

* Everyone is at risk but high risk: pregnant

## Notes

### [What Is Cross Contamination? Plus, How to Avoid It (healthline.com)](https://www.healthline.com/nutrition/what-is-cross-contamination" \l "side-effects):

Cross-contamination = bacterial cc = transfer x bacteria, one place to another.  
Other contamination may be: chemicals allergen  
Many happening places:

* Primary food production - Farms
* Slaughter and stuffs
* Secondary - processing and manufacturing
* transport
* storage
* distribution
* food prep  
  Types
* food - food
* equipment - food
* people - food

Food - food  
contaimated + non-contaminated = cross-contam  
Raw or unwashed food = many bacteria (bad)  
leay greens, rce, milk, cheese, meats, eggs, poultry, sea foods  
cotaminated lettuce in salad = cc  
leftover in fridge is bad, 3-4 days

equipt - food  
bacteria on surfaces like cutting boards  
equipment + food = not good  
no use raw meant and vege on same surface  
food saftey education needed, all ages

ppl - food  
clothes/skin to food  
may not wash hands after coughing in  
not enough ppl wash hands  
cell phone/dirty towel/ dirty apron  
food education = less bad handloing  
wash hands, well

side effects  
stomach, no appetite, headache.  
usually 24 hours, maybe weeks after  
sometime vomiting, diarrhea -> need rehydration  
severe = bloddy stools, fever, organ fails, death

who risky  
literally everyone  
high risk

* pregnant
* <5 age
* 65 age
* weaker immune systems  
  many people so be safe

how avoid  
no buy food close to expire  
store raw meat at bottom, no juices leakng  
seperate for raw and eggs  
proper temperatures  
wash hands  
wash equipment  
different cut board for meat and veges  
cook proper temps  
stay up to date with food recall

### [Prevent Cross-Contamination - Food Safety - Minnesota Dept. of Health (state.mn.us)](https://www.health.state.mn.us/people/foodsafety/clean/xcontamination.html):

marinate food in refridge?  
clean your food (fruits and veges)

### [Are You Storing Food Safely? | FDA](https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely):

dont eat spoiled stuff  
keep foods contained

### [Avoiding cross-contamination | Food Standards Agency](https://www.food.gov.uk/safety-hygiene/avoiding-cross-contamination):

bacteria contam likely when raw tocuhes stuff  
avoid:  
different equipment  
wash equipment  
dont wash raw  
wash hands  
cover raw stuff  
use dish with lip  
fish shelfish chicken bottom shelf fridge  
raw and meat in bag differently  
no using plastic bags (cant clean)

most common to for poisoning

### Key info

Bacterial contamination is the most common cause for food poisoning.  
Can happen anywhere where food handling occurs, such as in farms and the production line, as well as your food preperation area.  
Cross-contamination happens when a contaminated source comes in contact with an uncontaminated surface.  
Can come from other foods or equipment or people  
There are various side effects, some minor, such as stomache and headache, and some severe, such as organ failure and death.  
This can happen to anyone, but pregnant women, children under the age of 5, people over the age of 65, and those with compromised immune systems are particularly vulnerable.  
There are many things that can be done to prevent cross-contamination. e.g.:

* Place raw meat and eggs in a seperate bag from other foods when shopping.
* Don't use plastic bags as you cannot clean them, and you'll need to get another one.
* Cover raw foods during storage
* Place raw foods, poultry, fish, and shellfish below other foods in the bottom shelf of the fridge to prevent dripping.
* Use different cutting boards and other equipments when handling raw meats.
* Wash equipment well.
* Wash you hands well and regularly
* Use proper temperatures to store and cook foods.