

## Precautions for Food Handlers

### A Few simple steps can keep you safe from viruses like Avian Flu

Respect good hygiene practices during handling of raw poultry meat.

- Wash hands after touching raw poultry or meat.
- If skin is broken, wear gloves when handling raw meat or poultry.
- Prevent cross contamination by keeping raw meat, poultry, fish and their juices away from other foods.
- Wash hands, cutting board, knife, and counter tops with hot, soapy water after cutting raw meats.
- Use separate cutting board and knife for cutting raw meats.
- Sanitize cutting boards and cutting knives by using a solution of 1 teaspoon Clorox bleach (2 teaspoons Jik or Milton) in 1 quart water

### Food handling and cooking temperatures

- Freezing and refrigeration do not reduce the concentration or virulence of viruses on contaminated meat.
- Proper cooking kills viruses.
- Use a food thermometer to ensure food has reached proper temperatures.
- Cook the interior of foods to 160° (70°C).
- Whole poultry should reach 180°F.
- Breast of poultry should reach 170°F
- Drumsticks, thighs and wings should reach 180°F.

### Eggs

Eggs from infected poultry could be contaminated with the virus and therefore care should be taken in handling shell eggs or raw egg products.

- Wash eggs with soapy water and rinse in sanitizing solution before placing into refrigerator.
- Wash hands immediately after discarding the eggshell.

Eggs can be poached, boiled, scrambled, fried or baked. They need to be cooked thoroughly until the yolks are firm. Scrambled eggs should not be runny. Casseroles and other dishes containing eggs must be cooked to 160°F. Use food thermometers to be sure.

## Use Safe Egg Recipes

- Dry meringue shells are safe. Divinity candy is also safe. Avoid icing recipes using uncooked eggs or egg whites.
- Meringue-topped pies should be safe if baked at 350°F for about 15 minutes. Chiffon pies and fruit whips made with raw, beaten egg whites cannot be guaranteed to be safe. Substitute pasteurized dried egg whites, whipped cream, or whipped topping.
- To make a recipe safe that specifies using eggs that aren't cooked, heat the eggs in a liquid from the recipe over low heat, stirring constantly until the mixture reaches 160°F. Then combine with other ingredients and complete the recipe.
- To determine doneness in egg dishes such as quiche and casseroles, the center of the mixture should reach 160°F when measured with a food thermometer.