



## The New Jersey Poison Information & Education System

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Department of Health and Senior  
Services and the American  
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Centers

### PRESS RELEASE

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## **Countdown to Super bowl Sunday:** **Let's Talk Food Safety**

(Newark, NJ) – With Super bowl Sunday almost upon us, NJ families are in the process of planning and preparing for their menus. With family and friends gathering around the television, it's time to remind everyone about safe food handling to prevent foodborne illness.

**Clean:** Always wash your hands in hot soapy water before and after preparing food. Wash cutting boards, utensils, knives, and countertops after preparing one food and before preparing the next item. **IMPORTANT:** Wash ALL PRODUCE BEFORE SERVING.

**Separate:** DO NOT cross contaminate foods! Store raw poultry, meat, and seafood on either the bottom shelf of the refrigerator or on a tray, so the juices do not drip onto other foods. To prevent cross contamination, never place cooked food on any unwashed plates that held raw poultry, meat, or seafood. **IMPORTANT:** WASH HANDS after handling RAW FOOD.

**Cook:** Cook foods to proper temperatures! **IMPORTANT:** When serving foods, hot foods must be held at 140°F or higher. A three ½ hour game poses a challenge for this. Food left at room temperature for more than 1 hour should be discarded.

**Chill:** Keep cold foods cold (hold at 40° or colder)! If foods are not stored properly, bacteria can multiply rapidly. Perishable foods should not be left at room temperature. **IMPORTANT:** Refrigerate or freeze leftovers promptly. A three ½ hour game poses a challenge for this. Food left at room temperature for more than 1 hour should be discarded.

**Drink:** **IMPORTANT:** Alcohol poisoning should always be a concern especially around football Sunday when curious children and pets have greater access to cocktails. Empty all glasses and/or cans that contain alcohol as promptly as possible.

**Remember, Help is Just a Phone Call Away!** For more information on food poisoning risk and treatment call **1-800-222-1222**. The Poison Center Hotline is accessible 24 hours per day, everyday!

located at University of Medicine & Dentistry of New Jersey

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