

Top 5 CDC Risk Factors Contributing to Foodborne Illness

The Centers for Disease Control and Prevention (CDC) estimates 48 million people get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases each year in the United States.

The CDC has identified these Top 5 Risk Factors that most often are responsible for foodborne illness outbreaks.



IMPROPER HOLDING TEMPERATURES

90% of all food poisoning cases occur when potentially hazardous foods are not held at proper temperatures.



IMPROPER COOKING TEMPERATURES

The Food & Drug Administration establishes minimum internal temperatures for cooked foods.



CONTAMINATED EQUIPMENT

Contaminated utensils and equipment can lead to cross-contamination of food.



POOR PERSONAL HYGIENE

Food workers can be a significant source of harmful germs.



FOOD FROM UNSAFE SOURCES

All foods must be obtained and distributed from an approved source.



Interventions

An act or process that eliminates or minimizes a risk factor.

Contacts

General Questions
Report a Foodborne Illness
Complaints
Permit Information
Plan Check Information

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PROPER TEMPERATURE CONTROL

- ◆ Keep hot foods at 135°F or above, and cold foods at 41°F or below.
- ◆ Avoid storing potentially hazardous food in the temperature danger zone (42°F - 134°F).
- ◆ Maintain all refrigeration units in good repair.
- ◆ Use an accurate metal probe thermometer suitable for measuring internal food temperatures.
- ◆ Ensure that rapid cooling and reheating procedures are used for all perishable foods.
- ◆ Thaw frozen food products in an approved manner.

FOOD IS PROPERLY COOKED

- ◆ Cook foods to the required minimum temperatures:
 - Fruits/vegetables prior to hot-holding: 135°F
 - Fish: 145°F
 - Eggs: 145°F
 - Pork: 145°F
 - Ground meats: 155°F
 - Poultry: 165°F
- ◆ When cooking foods, check that the proper temperature is reached for at least 15 seconds by using an accurate metal probe thermometer inserted in the center of the food.

FOOD EQUIPMENT AND UTENSILS ARE CLEAN AND SANITIZED

- ◆ All equipment is clean and well-maintained (i.e., stoves, grills, refrigerators, tables, sinks, etc.).
- ◆ Properly wash and sanitize food contact surfaces & multi-service utensils.
 - Chlorine: 100 ppm for 30 seconds.
 - Quaternary ammonium: 200 ppm for 1 minute.
 - Water of at least 171°F for 30 seconds.
- ◆ Ensure that only approved equipment is installed in an approved manner and location.
- ◆ Use wiping cloths in an approved manner and store within an approved concentration of sanitizer.
- ◆ Maintain that the facility is free from insect and rodent infestations.

PREVENTING CONTAMINATION BY EMPLOYEES

- ◆ Provide a Food Safety Certified Owner or Employee.
- ◆ Properly train food handlers.
- ◆ Ensure that staff are not working on-site when ill.
- ◆ Maintain that hand washing stations are clear, accessible, and stocked with soap and paper towels.
- ◆ Use gloves correctly.
- ◆ Ensure that clean outer garments are worn and hair is confined.
- ◆ Prohibit smoking or use of tobacco inside the facility.

OBTAINING FOOD FROM APPROVED SOURCES

- ◆ Obtain food from local, state, or federally regulated food facilities.
- ◆ Purchase ingredients from permitted facilities only.
- ◆ Keep a list of where food products are purchased and maintain copies of invoices/receipts for tracking all purchases.
- ◆ Be aware of delivery conditions and product quality.