



July 2026 Wellness Newsletter

 FOUR FOOD SAFETY PRACTICES TO FOLLOW AT HOME



CLEAN Hygiene & Washing



Bacteria spread easily between hands, tools, counters, and food. Keeping things clean is your first line of defense.

✓ Key Practices

- Wash hands with warm, soapy water for 20 seconds.
- Clean cutting boards, dishes, utensils, and counters with hot, soapy water.
- Wash cloth towels often or use disposable paper towels.
- Rinse all fruits and vegetables under running water.
- Scrub firm-skinned produce (potatoes, carrots) with a clean brush.

💬 FAQs

- How long should I wash my hands? 20 seconds — about the length of singing “Happy Birthday” twice.
- Do I need to wash fruits/vegetables if I’m peeling them? Yes — rinsing removes dirt and bacteria before cutting.
- Should I wash raw meat or poultry? No — washing raw chicken spreads germs. If you choose to wash it, avoid splashing and sanitize the sink immediately.

SEPARATE

Cross-Contamination Prevention

Keep high-risk foods away from ready-to-eat items to stop bacteria from spreading.

✓ Key Practices

- Separate raw meat, poultry, seafood, and eggs from other foods in grocery bags and the fridge.
- Use one cutting board for produce and another for raw meat.
- Never place cooked food on a plate that held raw meat or eggs.



💬 FAQs

- Can I use the same cutting board for veggies and raw meat? Only if washed thoroughly with hot, soapy water between uses.



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- Where should raw meat go in the fridge? On the bottom shelf in sealed containers to prevent drips.

COOK

Safe Cooking Temperatures

Heat kills harmful bacteria. A food thermometer is the most reliable tool.

✓ Safe Minimum Internal Temperatures (USDA)

- Poultry: 165°F (74°C)
- Ground meats: 160°F (71°C)
- Whole cuts (beef, pork, lamb, veal): 145°F (63°C)

✓ Key Practices

- Check temperature in the thickest part of the meat.
- Don't rely on color — it's not a safe indicator.
- Cook eggs until yolks and whites are firm.
- Microwave evenly: cover, stir, and rotate.
- Reheat sauces/soups to boiling; reheat leftovers to 165°F.

FAQs

- Is medium-rare steak safe? No — undercooked meat may contain harmful bacteria.
- Are runny eggs safe? No — cook until yolks are firm.
- Can I reheat frozen leftovers without thawing? Yes — just heat to 165°F.

CHILL

Refrigeration & Freezing

Cold temperatures slow bacterial growth and keep food safe longer.

✓ Key Practices

- Keep refrigerator at 40°F or below; freezer at 0°F or below.
- Refrigerate or freeze perishables immediately after shopping.
- Never leave raw or cooked foods out for more than 2 hours (or 1 hour above 90°F).





- Thaw food safely:
 - In the refrigerator
 - In cold water
 - In the microwave
- Cook food immediately after thawing in cold water or the microwave.
- Marinate food in the refrigerator only.
- Store leftovers in shallow containers for faster cooling.



FAQs

- How long can leftovers stay in the fridge? 3–4 days.
- Can I refreeze leftovers? Yes — if reheated to 165°F first.
- Best way to thaw food? Refrigerator is safest; cold water or microwave are faster but require immediate cooking.
- Is food safe after a power outage?
 - Fridge: safe up to 4 hours if doors stay closed.
 - Full freezer: 48 hours; half-full: 24 hours.
 - When in doubt, throw it out



Scripture for the Month

“The Lord sustains him on his sickbed; in his illness you restore him to full health.”

Psalms 41:3 ESV



In Faith & Health
Health & Wellness Ministry
Fountain of Faith Missionary Baptist Church

