

# TOP 5 CDC RISK FACTORS CONTRIBUTING TO FOODBORNE ILLNESS

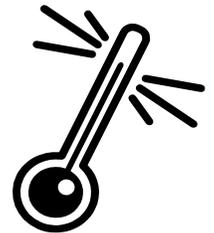
## Did You Know...?

There are 48 million people in the United States who get food poisoning each year. As a result, more than 128,000 people are hospitalized, and many people die. The Centers for Disease Control and Prevention (CDC) have identified the top 5 factors contributing to foodborne illnesses:

### RISK factor

## 1 Improper hot/cold holding temperatures of potentially hazardous foods.

Up to 90% of all food poisoning cases occur when potentially hazardous foods are not held at proper temperatures. Keep hot foods at 135°F or above and cold foods below 41°F.



### RISK factor

## 2 Improper cooking temperatures.

The Food and Drug Administration establishes minimum internal temperatures for cooked foods. Temperatures should be measured with a probe thermometer in the thickest part of meats, or the center of other dishes, avoiding bones and container sides.



### RISK factor

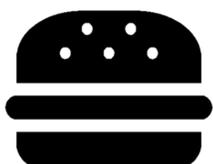
## 3 Contaminated utensils and equipment.

Contaminated utensils and equipment can lead to cross-contamination of food. In order to prevent the spread of pathogens, all utensils and equipment shall be properly cleaned and sanitized at least once every 4 hours or more frequently as needed.

### RISK factor

## 4 Poor employee health and hygiene.

Food workers can be a significant source of harmful microorganisms. Good employee hygiene, such as proper hand washing, is essential to prevent direct and indirect contamination of food, utensils, and other food-related equipment. The person in charge should never allow sick employees to work in the kitchen.



### RISK factor

## 5 Food from unsafe sources.

All foods distributed in restaurants and permitted facilities must be obtained from approved sources that comply with applicable laws and regulations.