

# 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:

#### 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.



#### 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.



#### 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.

#### 4) Poor employee health and hygiene

Food workers can be a significant source of harmful microorganisms. Good employee hygiene, such as proper handwashing, 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.

#### 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.