

Safe Food Handling Practices in Prevention of Foodborne Illnesses

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DESCRIPTION

Foodborne illnesses are a common problem around the world. According to the World Health Organization (WHO), around 600 million people get sick from foodborne illnesses every year, resulting in 420,000 deaths. Food safety is an important issue, and it is essential to take measures to prevent food contamination and foodborne illnesses. In this article, we will discuss safe food handling practices that can help prevent food contamination and keep food safe.

Cleanliness is key

The first and most important step in safe food handling is to maintain cleanliness. One should always wash their hands before handling food, and make sure all the utensils and surfaces use are clean. This will help prevent the transfer of bacteria, viruses, and other harmful microorganisms to food. Should also wash fruits and vegetables thoroughly before using them, as they can be a source of contamination.

Keeping food at safe temperatures

Temperature control is crucial in safe food handling. Always keep food at safe temperatures to prevent the growth of harmful bacteria. Cold foods should be kept below 40°F, while hot foods should be kept above 140°F. Any food that falls between these two temperatures is in the danger zone, where harmful bacteria can grow quickly. Use a food thermometer to ensure that food is cooked to the right temperature.

Separate raw and cooked foods

Raw and cooked foods should always be kept separate to prevent cross-contamination. This means that use separate utensils and cutting boards for raw meat, poultry, and seafood, and wash them thoroughly after use. Store raw and cooked foods in separate containers in the refrigerator to prevent any drips or spills from contaminating other foods.

Use safe water

Water is a common source of contamination, so it is important to use safe water when preparing food. Use only clean, potable

water for drinking and cooking. If unsure about the safety of water supply, boil the water for at least one minute or use a water purification system.

Use safe food storage practices

Proper food storage is crucial in preventing food contamination. Store food in airtight containers to prevent bacteria and other microorganisms from entering. Make sure that refrigerator and freezer are set to the correct temperature, and regularly check for any signs of spoilage, such as mold or an unusual odor.

Be aware of food allergies

Food allergies are a growing concern, and it is essential to be aware of them when preparing and serving food. Always read food labels carefully to identify any potential allergens, and make sure that separate any food that may contain allergens from other food. Be aware of the symptoms of an allergic reaction and be prepared to act quickly if someone experiences an allergic reaction.

CONCLUSION

In conclusion, safe food handling practices are essential to prevent food contamination and foodborne illnesses. By following these practices, we can reduce the risk of getting sick from contaminated food. Remember to always maintain cleanliness, keep food at safe temperatures, separate raw and cooked foods, cook food thoroughly, use safe water, use safe food storage practices, be aware of food allergies, and stay informed on the latest food safety guidelines and regulations. By taking these steps, can help keep yourself and others safe from foodborne illnesses.

It is also important to keep in mind that certain groups of people are more vulnerable to foodborne illnesses than others. These include pregnant women, young children, older adults, and people with weakened immune systems.

Finally, it is important to stay up-to-date on the latest food safety guidelines and regulations. These guidelines and regulations are constantly evolving, and it is important to stay informed to ensure following the most up-to-date practices.

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