



September is Food Safety Month!

This month, we recognize the importance of keeping our families, friends, and communities safe from foodborne illnesses. It's a time to highlight best practices in food handling, storage, and preparation, and to correct common misconceptions about food safety. By raising awareness and sharing practical tips, we aim to empower everyone to make safer choices in the kitchen and beyond.

MYTH 1: *"If food looks and smells fine, it's safe to eat."*

FACT: Harmful bacteria like Salmonella and E. coli can't be seen, smelled, or tasted. Safe storage and proper cooking are the only ways to ensure food is safe.

MYTH 2: *"Meat is done when it looks brown."*

FACT: Color is not a reliable indicator. Use a food thermometer every time!

- Ground beef: **155°F**
- Poultry: **165°F**

MYTH 3: *"Freezing kills bacteria."*

FACT: Freezing only pauses bacteria. Once food thaws, bacteria can multiply. Always thaw in the refrigerator, cold water, or microwave — never on the counter.

MYTH 4: *"Organic or local food is always safe."*

FACT: Germs don't care if food is organic, local, or conventional. Wash all produce under running water before eating or cooking.

Food Safety Reminders:

- Refrigerate leftovers within 2 hours
- Use a food thermometer to check doneness
- Keep raw meats separate from ready-to-eat foods
- When in doubt, throw it out!



View the latest Health Inspections for your favorite restaurants:

<https://inspections.myhealthdepartment.com/orangecotx>