Risk Factors

The Centers for Disease Control has found that these Risk Factors are the most common causes of foodborne illness:

1. Improper Holding - letting bacteria multiply
   - Leaving food at room temperature
   - Not holding food at hot enough - or cold enough temperatures
   - Cooling food too slowly - especially big batches

2. Poor Personal Hygiene - contaminating food with your hands
   - Ill food workers
   - Improper handwashing
   - Inadequate handwashing facilities
   - Bare hand contact with ready-to-eat foods
   - Not washing after unsanitary activities

3. Inadequate Cooking - pathogens are not destroyed
   - Food is not cooked to proper temperatures for an adequate time
   - Food is not reheated to high enough temperatures
   - The wrong equipment is used to cook or reheat foods

4. Contaminated Equipment – utensils & equipment contaminate food
   - Equipment is not cleaned often enough, & sanitized between uses
   - Improper dishwashing or machines not operated or working properly

5. Food from Unsafe Sources
   - Not inspected by state or federal authorities
   - Home canned food, sport caught shellfish, or wild game