

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