

COOL TIPS



1. When shopping, buy cold foods last. Refrigerate meat within two hours of shopping or preparing.
2. When you store meat, be sure that the temperature in the refrigerator is at 1-3°C or below.
3. When preparing food, wash hands and surfaces often. Bacteria can be spread throughout the kitchen and get onto cutting boards, utensils and counter tops.
4. When in doubt, throw it out.



**If you can't
eat it –
leave it!**

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Reference:

Philippine National Standards on Pork
Cuts, 2008
General Principles for Meat Handling, FAO,
1991
National Meat Inspection Service

**MEAT
SAFETY**
AS EASY AS 123

1. BAD BACTERIA

There are thousands of bacteria that are naturally present in our environment but not all can cause disease in humans.

Bacteria that can cause disease are called pathogens. Pathogenic bacteria can be found on raw meat and poultry products.

When pathogens contaminate the meat, it can cause food-borne illness. Food-borne illnesses often present themselves as flu-like symptoms such as nausea, vomiting, diarrhea or fever, so many people may not recognize the illness is caused by bacteria or other pathogens in food.

Food poisoning may be due to infection or intoxication. Infection is caused by the consumption of live bacteria which multiply in the body producing characteristic illness symptoms. Intoxication is due to toxins in food produced by bacteria before the food was eaten.



CLEAN.
SEPARATE. COOK. CHILL

2. KEEP BACTERIA AWAY

Remember bacteria can grow rapidly in room temperature and most pathogens grow rapidly at warm temperatures. Under ideal conditions, some bacteria can double their numbers every 20 minutes at temperatures above 4°C. In 2 hours, these bacteria can become so great in number that they may cause an illness or form toxins that cause illness to humans.

Also, if raw meat are left out at warmer temperatures, pathogens can produce a heat-stable toxin that might not be destroyed by cooking.

Cold temperatures can significantly slow down bacterial growth, but only heat above 62.8°C or above for long enough time can destroy them.



3. CLEAN AND COLD

International food organizations recommend that meat must be kept clean in order to maintain its safety and quality. One sure way of keeping meat clean is by preventing them from being contaminated with disease-producing bacteria. Safe handling is also another factor to be considered in keeping meat wholesome and safe for human consumption.

After cleanliness, keeping meat products cold is the second most important requirement in order to keep bacteria from multiplying while achieving a desirable shelf-life. The nearer to 0°C the storage temperature is, the slower the growth of the spoilage bacteria and the longer the shelf-life.

SAFETY IS THE PRIORITY.
QUALITY IS THE STANDARD.
