



# FOOD SAFETY MYTHS AND FACTS



**Can you tell if food is safe to eat by its look and smell?**

**NO.**  
Most microorganisms that can make you sick don't change the look or smell of the food.

**Do I have to refrigerate leftover food?**

**YES.**  
Food becomes unsafe if left at room temperature for more than two hours.



**Is food dropped on the floor OK to eat if you pick it up within 5 seconds?**

**NO.**  
Microorganisms can transfer to food immediately and cause disease in some cases.

**Can dish cloths spread dangerous bacteria?**

**YES.**  
Dish cloths and sponges can carry and spread dangerous bacteria. Disinfect them in sanitizing solution or boil in water.

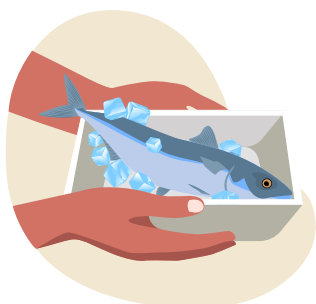


**Should raw poultry be washed before cooking?**

**NO.**  
Washing poultry can spread harmful microorganisms to hands, surfaces, utensils or other food.

**Can I get sick from food I ate 3 days ago?**

**YES.**  
Some dangerous microorganisms take longer than a few hours to make you sick.



**Is it safe to thaw frozen food at room temperature?**

**NO.**  
Thawing food in the refrigerator or in cold water prevents the growth of microorganisms.

**Do organic fruits and vegetables need to be washed?**

**YES.**  
All produce, including organic, should be washed with clean water to remove physical contaminants and reduce the risk from any harmful microorganisms or chemicals.

