

Croydon Food Safety Team celebrates **World Food Safety Week 2023: Safe Food is everyone's business.**

Have you ever had these symptoms
because of food poisoning?



DID YOU KNOW THAT

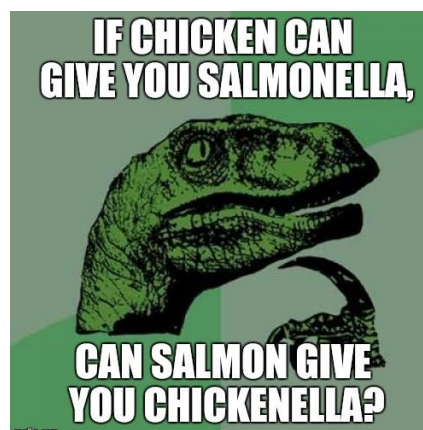
- **SALMONELLA** is one of the most common causes of food borne illnesses in the UK.
- Every year, an average of 10,000 people in the UK are infected with *Salmonella*.
- The UK recorded 57 deaths due to *Salmonella* in both 2017 & 2018, according to data compiled by the European Centre for Disease Prevention and Control.

WONDERING ABOUT **SALMONELLA**?

Well, *Salmonella* is a type of bacteria that can cause food poisoning. *Salmonella* infection is usually caused by eating raw or undercooked meat, poultry, eggs or egg products and unpasteurised raw milk and products.

Children are at a higher risk of infection than adults as their immune systems are still developing. Older adults and people that have weak immune systems are also more likely to become infected.

Salmonella infections are more common during the summer months. This is because warm temperatures are ideal for bacterial growth, refrigeration of foods is often delayed, and many people have barbecues, increasing the risk of eating undercooked food and cross-contamination. For more information about BBQ food safely, please visit [BBQ food safety | Food Standards Agency](#)



TIPS FOR PREVENTION

The best way to prevent *Salmonella* food poisoning is safer food practices. For more information about preventing *salmonella*, please visit [Salmonella | Food Standards Agency](#). However, the following tips are recommended.

Chicken, beef, pork, and turkey:

Raw and undercooked poultry and meat can cause food poisoning. Both raw meat and poultry may contain traces of *Salmonella* amongst other harmful bacteria.

- Never wash raw meat or poultry before cooking. When you wash raw meat or poultry, *Salmonella* bacteria can be spread to utensils, surfaces, and other foods in your kitchen or cooking area.
- All meat and poultry must be cooked thoroughly. Bacteria is killed when meat and poultry are heated to a safe internal temperature. Learn about the recommended cooking temperatures [Cooking safely in your business | Food Standards Agency](#)
- We recommend that you use a food probe thermometer to check core food temperatures. Another way to check if meat and poultry is cooked through is to see if the juices are clear.
- Once cooked, all leftovers must be cooled quickly or within 90 minutes and refrigerated immediately at 8 °C or below.

Raw milk, and products made from it:

Raw milk also known as unpasteurised milk and any products made from it may contain bacteria such as *Salmonella*, *Campylobacter*, *E. coli* and *Listeria* can make you very sick. Cheeses made from unpasteurised soft cheeses such as feta, brie, and camembert may also contain these bacteria.

- The most efficient way to make raw milk safe to consume is through the process of pasteurisation. This process heats the milk to a temperature high enough to the food borne bacteria.

- Many of the nutritional benefits linked to drinking raw milk are available from pasteurised milk, without putting yourself at risk. Pregnant women must ensure fresh and soft cheeses are made from pasteurised milk. For more information, please visit [Raw drinking milk | Food Standards Agency](http://www.foodstandards.gov.uk/raw-drinking-milk)

Raw eggs:

Under cooked eggs may contain *Salmonella*. Cook eggs until the yolk and whites are firm to kill the bacteria.

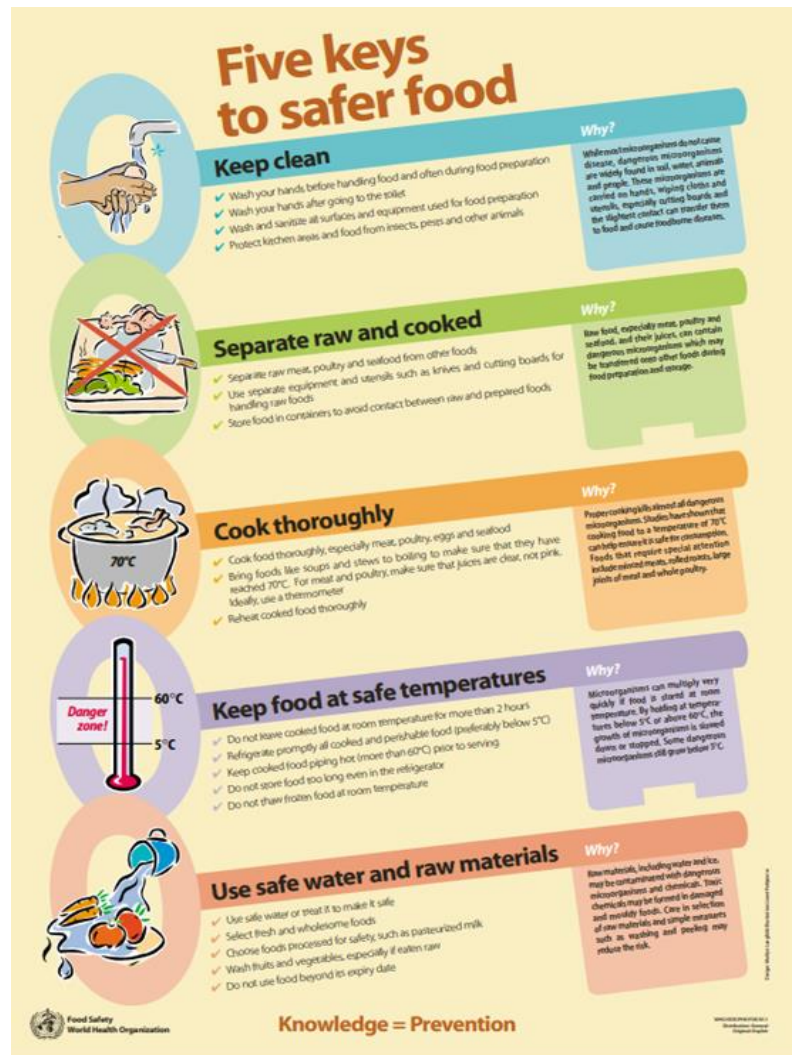
- Always purchase pasteurised eggs and egg products when making a recipe that requires undercooked or raw eggs.

- If you are pregnant avoid consuming foods that contain undercooked or raw eggs. This includes homemade tiramisu, eggs benedict and homemade ice cream.

- Always keep eggs refrigerated at 8°C or below.

HEARD ABOUT SAFER FOOD BETTER BUSINESS for caterers?

For more information and guidance on how to comply with food hygiene regulations, show what you do to make food safely, train staff, protect your business's reputation, and improve your business. Please use this link to download a free Safer Food Better Business catering pack: some www.food.gov.uk/business-industry/sfbb.



Download poster

<https://www.who.int/publications/i/item/WHO-SDE-PHE-FOS-01.1>

Can you find the words?

Salmonella

S H X P M B U W L X I N N J U V Y N X Y D W F O
I Y C W I R G X J R Z S M K R F I X Y L M M Z M
P M O G F J P Y I X C R J G H L J M Y O C S W A
W G N I T I M O V U J J R K D N N I T O S A B S
C D N L T F X B B X Y G H Q X B H H Q T F Y H W
H Z T Z E U M F J K N T A R S K U B N S E J O D
Z V Z T C O E R S H Y R X B Y Z I D K E V E I W
S G G E X S Y T E C B G Q V Z F M U P H E B J
O N F E H C A D A E H H W Q O Q V W N T R A Y I
J O D Q D L N O Y Y H Q J P Z U D U N N D I Y C
H T J X Y D R R E A Z X C P B U Q S B I G G X C
I H J J Q T J X G Y A J F J M G O E A D C V F P
U Q D X X I C N E S A E S I D T E I X O R I X Q
N W I S Z L E F G A M H N C G Y N J O G Q H M
N C A D Q N E A Z L G J A U L K F F P L B K N U
Y F R M K Y T T V M P A U D V Y C E C B A O E G
B O R B Q Q U L N O U E S L L I H C I Z C N S J
D N H J Q L L F O N R Q E C U M U T O I T O B B
N M E T Y F N S I E U E A H E R X I H Y E X X U
J X A A Z A C V A L F Z M K X R C O T H R S V U
K K D G C B Q L V L F A E J X C S N H M I L M S
O Y G B I T B V A I F F H P X L C W N A N X Z
H B T E S P M A R C L A N I M O D B A L X T U J
F P I M O Z A A Q E I H X Z P G U V P Q P X P S

Blood in the stool
Fever
Vomiting
bacteria
disease

Headache
Diarrhea
Nausea
infection

Chills
Abdominal cramps
salmonella
eggs