

The Most Common Causes of Food Poisoning

1. Inadequate Cooling and Cold Holding

More than half of all food poisoning is due to keeping food out at room temperature for more than 2-4 hours.

2. Preparing Food Too Far Ahead of Service

Food prepared 12 or more hours before service increases the risk of food temperature abuse.

3. Poor Personal Hygiene and Infected Personnel

Poor handwashing habits and foodhandlers working while ill are implicated in 1 out of every 4 food poisonings.

4. Inadequate Reheating

When leftovers are not reheated to above 165 F for 15 seconds.

5. Inadequate Hot Holding

Cooked foods not held at above 140 F until served can become highly contaminated.