



Campylobacter is the greatest cause of foodborne illness in the UK each year. Cooking chicken properly will kill the bug, but it is still responsible for more than 300,000 food poisoning cases and 15,000 hospitalisations a year in England and Wales alone.

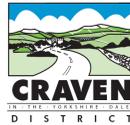
After ingestion a small amount of bacteria multiplies in the gut causing symptoms up to five days later - diarrhoea and severe stomach cramps. They can last from a few days to several weeks.

DON'T

- Wash your meat

DO

- Handle raw meat as little as possible
- Use a designated chopping board
- Disinfect work areas with a kitchen disinfectant or sanitizer
- Cook chicken, mince, rolled joints, pork and sausages until juices run clear



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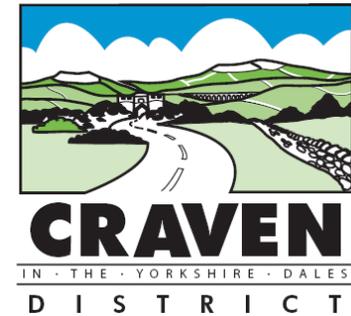
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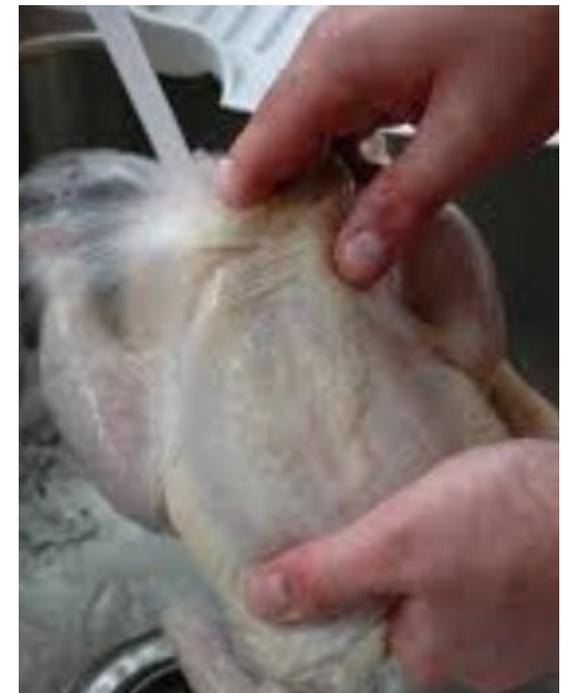
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Keep Bacteria At Bay

Don't wash raw meat



Raw meat harbours thousands of bacteria on its outer surfaces.

Changes in the way meat is produced has led to an increase in bacterial contamination—through stressful transport journeys; processing in large slaughter houses; and extensive cutting, packing and distribution centres before the meat finally arrives in the shops.



- The outer and inner surfaces of raw meat contain many types of bacteria. Some of these are harmful food poisoning bacteria such as *E-Coli*, *Campylobacter*, and *Salmonella*. Research by the Food Standards Agency (FSA) suggests that 65% of raw shop bought chicken is contaminated with *Campylobacter*.
- Many people wash raw meat to freshen up outer surfaces, remove blood and bacteria—or simply because it is what they were taught to do by their parents; It is estimated that 75% of consumers who buy whole chickens, wash them.
- Tap water won't get rid of the germs that cause food poisoning but will instead dilute bacteria and spread them around the kitchen. Contaminated water will fall on to surfaces around sink, tap handles; on to splashes. The bacteria can then find its way on to equipment, tea towels, and other work surfaces, containing ready to eat foods such as sandwiches, or equipment—plates or cutlery.



- You only need a small number of *Campylobacter* or *E.coli* bacteria to cause illness!
- Raw meat should be handled as little as possible—it should be put straight in the oven or pans for thorough cooking. The heat from cooking kills bacteria.



- Preparation work should be done on a designated chopping board or separate area of the kitchen. These areas should be cleaned with hot soapy water—and then disinfected with a kitchen disinfectant or sanitizer to effectively kill the bacteria.
- Most raw meats—chicken, mince, sausage, rolled joints and pork—should be cooked until the juices run clear and no internal pink can be seen as bacteria can be found throughout the inside of meat. For whole joints—or cuts of meat such as steak—it is enough to thoroughly cook the outer surfaces.