

Research Rundown

Article:

Food Safety in Home Kitchens: A Synthesis of the Literature

Key Findings:

This article examined the food safety literature and found the following related to food safety in home kitchens:

1 Consumers' susceptibility to foodborne illness

- About 1 in 6 Americans experience foodborne illness each year
- Contaminated poultry and leafy vegetables are the cause of one in five foodborne illness-outbreaks
- The use of home kitchens for more than just cooking (i.e., laundry, homework station, pet care, etc.) introduces an array of pathogens
- Many teens and adults lack the basic knowledge needed to keep themselves and their families safe from foodborne illness

2 Barriers to handling food safely

People often give these reasons for why they mishandle food:



3 Effective food safety interventions



Boost Knowledge



Highlight Responsibility



Personalize the Risks



Show, Don't Tell



Build Confidence



Offer Cues to Action

Put it into practice!

- Include storage and preparation instructions with all meals that are intended for the student to consume at home
- Consider providing a home kitchen food safety self-assessment along with meals to help families pinpoint problems in their own kitchens
- Try using brightly colored stickers with food safety prompts on high-risk foods as a way to offer a cue to action
- Talk to your administrators about including food safety education as a part of the nutrition education curriculum at your school(s)

Reference:

Int. J. Environ. Res. Public Health 2013, 10, 4060-4085; doi:10.3390/ijerph10094060



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