Stony Brook University

SAFETY TALK

Environmental Health and Safety Newsletter January 2026

Food Safety

Millions of people each year in North America get sick from food -borne Illnesses. Whether you are preparing a bag lunch to take to work or barbecuing a steak in the backyard on the weekend, practice safe handling of food at all times. There are some steps that can be taken to keep food safe during preparation, cooking and storing.

Preparation:

- Wash your hands before, during, and after preparing food and before eating. Wash for at least 20 seconds with soap and warm or cold water.
- Thoroughly wash fruits and vegetables before eating.
- Take care to not contaminate fresh vegetables with raw meat, use separate cutting boards and knives.

Cooking:

- Many raw foods, particularly poultry, meat and eggs may be contaminated with disease-causing organisms
- Thoroughly cook meat, remember all parts of the food need to reach at least 145°F, although some may be as high as 165°F. https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures
- Use a food thermometer to test foods.

Storing:

- Keep foods out of the “Danger Zone”. This is a temperature between 40 – 140°F
- Do not consume any perishable food that has remained at this temperature for 2 hours or more (or 1 hour if exposed to temperatures above 90° F).
- When transporting lunches to work, use an ice pack to keep food chilled and refrigerate as soon as possible.
- Freeze or consume food within 4 days of cooking

There are many parasites and several types of bacteria that can make people ill from contaminated food. Some of the more common bacteria are Salmonella, Listeria Monocytogenes, E-Coli and the most frequently reported is Campylobacteriosis. The symptoms associated with a food-borne illness are malaise, abdominal pain, diarrhea, nausea and vomiting. These symptoms can begin shortly after consumption of the contaminated food or weeks after. Seek medical attention if you suspect food poisoning or any of these symptoms persist.

EH&S may require a food permit if you are having food catered by an off-campus vendor. Contact us for more information. https://ehs.stonybrook.edu/programs/workplace-safety/food-permits-and-food-safety.php

Date:	
Department:	
Supervisor ***(please print)*****:**	
Supervisor Signature:	
Employee Participants: ***Please Print Clearly***	*Signature*

Environmental Health and Safety

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Please share the safety talk, for the noted month, with your employees and sign off on this form. All others should read for themselves. Completed forms shall be kept on file by