

Bathing birds is a food safety mess



Campylobacteriosis is the most common foodborne illness linked to bacteria.

Campylobacter are found in close to half of commercially available chicken.

When an infected bird is slaughtered, *Campylobacter* can be transferred from the intestines to the meat.

WASHING CHICKEN MAY SPREAD BACTERIA AROUND KITCHENS

Recent research by the U.K. Food Standards Agency (FSA) has found there is a potential increase in the risk of foodborne illness for individuals who wash chicken prior to cooking it.

FSA found that bacteria already present on poultry can travel up to 3 feet from where the meat is washed. The FSA suggests that washing poultry can only cause harm because bacteria are not removed by washing but instead by

cooking chicken to the proper temperature.

A FSA spokeswoman commented that “by washing your raw bird, you’re actually more likely to spread the germs around the kitchen than get rid of them.”

The results suggest that washing can increase the risk of cross-contamination and lead to illnesses.

What you can do

- Don't wash raw poultry.
- Clean and sanitize utensils and work surfaces after preparing raw poultry.
- Wash and dry hands after handling and preparing poultry as well as following dishwashing.
- When drying hands, use clean or one-use towels.

