

POTENTIALLY CONTAMINATED FOODS

(411o, 425G, 427F)

PARTICIPANT TYPE.....INFANTS, CHILDREN, PREGNANT WOMEN
HIGH RISK.....No

RISK DESCRIPTION:

DEFINITION FOR INFANTS AND CHILDREN: Feeding foods that could be contaminated with harmful microorganisms or toxins to an infant or child (see table below for examples)

DEFINITION FOR PREGNANT WOMEN: Pregnant woman ingesting foods that could be contaminated with pathogenic microorganisms (see table below for examples)

EXAMPLES BY RELEVANT PARTICIPANT CATEGORY:

Foods	Participants		
	I	C	P
Unpasteurized fruit or vegetable juice	X	X	X
Unpasteurized milk or cheeses, soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese (queso blanco, queso fresco or Panela) UNLESS labeled as made with pasteurized milk	X	X	X
Raw or undercooked meat, fish, shellfish (oysters, clams, mussels, and scallops), poultry, or eggs (including foods containing raw or lightly cooked eggs such as salad dressings, cookie and cake batters, sauces, and beverages such as unpasteurized eggnog)	X	X	X
Raw vegetable sprouts (alfalfa, clover, bean, and radish)	X	X	X
Deli meats, hot dogs and processed meats (cold cuts), fermented and dry sausage UNLESS heated until steaming hot	X	X	X
Refrigerated smoked seafood UNLESS it is an ingredient in a cooked dish such as a casserole			X
Refrigerated pate or meat spreads			X

Note: These foods may contain pathogens such as *Escherichia coli*, *Salmonella*, *Cryptosporidium*, *Brucella*, *Listeria monocytogenes*, *Clostridium botulinum*, *Yersinia enterocolitica*, *Campylobacter*, Norwalk-like viruses, Hepatitis A, or parasites. All of these foods have been associated with outbreaks of food-borne illness.

ASK ABOUT:

- Cultural, religious, family, health, and economic reasons for food choices
- Knowledge of safe food handling techniques
- Adequacy of cooking and food storage facilities

NUTRITION COUNSELING/EDUCATION TOPICS:

- Pregnant women are especially at risk for food-borne illness because the immune system is weakened during pregnancy, making it harder to fight off harmful microorganisms. Food-borne illness can cause premature delivery, miscarriage, stillbirth, or serious health problems for the newborn baby.
- Infants and children are at greater risk for food-borne illness because their immune and gastrointestinal systems are not fully developed.
- Symptoms of food-borne illness vary but can include stomach cramps, vomiting, diarrhea, fever, headache or body aches. Sometimes pregnant women do not feel sick but they can still pass the illness to their unborn child without knowing it.
- The best advice is to avoid potentially contaminated foods and beverages.
- Follow the four simple steps to food safety including:
 - Clean: Wash hands and surfaces often.
 - Separate: Don't cross-contaminate.
 - Cook: Cook to proper temperatures.
 - Chill: Refrigerate promptly.
- For more information, visit U.S. Partnership for Food Safety Education at www.fightbac.org

POSSIBLE REFERRALS:

- If participant is currently experiencing symptoms that are consistent with food-borne illness, refer to primary care provider.
- If inadequate cooking or food-storage facilities adversely affect a participant's food intake, refer to social services or community agencies that can offer assistance.