**FOOD SAFETY MYTHS AND FACTS**

Can you tell if food is safe to eat by its look and smell?  
**NO.** Most microorganisms that can make you sick don’t change the look or smell of the food.

Do I have to refrigerate leftover food?  
**YES.** Food becomes unsafe if left at room temperature for more than two hours.

Is food dropped on the floor OK to eat if you pick it up within 5 seconds?  
**NO.** Microorganisms can transfer to food immediately and cause disease in some cases.

Can dish cloths spread dangerous bacteria?  
**YES.** Dish cloths and sponges can carry and spread dangerous bacteria. Disinfect them in sanitizing solution or boil in water.

Should raw poultry be washed before cooking?  
**NO.** Washing poultry can spread harmful microorganisms to hands, surfaces, utensils or other food.

Can I get sick from food I ate 3 days ago?  
**YES.** Some dangerous microorganisms take longer than a few hours to make you sick.

Is it safe to thaw frozen food at room temperature?  
**NO.** Thawing food in the refrigerator or in cold water prevents the growth of microorganisms.

Do organic fruits and vegetables need to be washed?  
**YES.** All produce, including organic, should be washed with clean water to remove physical contaminants and reduce the risk from any harmful microorganisms or chemicals.