

# America's Favorite Chef Warns of Food Poisoning Epidemic

*America's favorite chef, Chef Remi has thrown a word of caution to the public of a food poisoning epidemic this summer.*

MINNEAPOLIS, MN, UNITED STATES, June 16, 2015 /EINPresswire.com/ -- Summer is in the air which means barbecuing and picnic lunches galore. However, America's favorite chef, Chef Remi has thrown a word of caution to the public of a [food poisoning](#) epidemic during the warm season.

According to the US Department of Agriculture food borne illness peak during the summer months as bacteria grows fastest at temperatures from 90°F to 110 °F, which makes it especially important for people to take precautions. To help people stay safe and have only pleasant memories of summer 2015, Chef Remi has provided 4 tips to help prevent food poisoning.



1. Wash Hands Frequently- When it comes to food safety, the frequency of hand washing can never be too much. Aim to wash hands before and after handling food to avoid any transfer of germs and bacteria. Wash hands thoroughly with soap and water to rid any bacteria that may be on hands from handling foods such as meat and poultry.

2. Wipe Surfaces Clean - While washing meat and poultry bacteria can spread if water is splashed onto surfaces such as kitchen counters and sinks. To prevent the spread of germs wipe surfaces clean with disinfectant or household bleach.

3. Do Not Refreeze Thawed Foods - Meats and poultry that have been thawed in room temperature should never be refrozen. This is because germs can grow in foods within two hours unless they are refrigerated. In the same breath, throughout the summer months householders should aim to keep their refrigerators at 40°F.

4. Cook Foods to Safe Temperature - Undercooked food is among the most prevalent cause of food borne illnesses. And so estimating whether food is properly cooked is a definite no-no. Meats and eggs should attain an internal temperature of 160°F and poultry should have a minimum internal temperature of 165°F. Temperatures should be taken before removing food from the heat source

using a good instant read thermometer such as the Chef Remi [Cooking Thermometer](#). This premium thermometer features an easy to read LCD display and comes in a handy storage case - making it an ideal companion when cooking meat at camps or picnic barbecues.

One user of the thermometer said: "Chef Remi's cooking thermometer is a nice addition to my kitchen. I often grill chicken or pork chops and worry about the meat not being fully cooked. Now thanks to this great cooking thermometer I can be more confident that I am keeping my family safe. It works great for steak as well. I can easily tell if the steak is cooked to the desired doneness by checking the internal temperature, eliminating all guesses."

Taking the above precautions will help prevent food poisoning. For more information about the Chef Remi cooking thermometer visit: <http://www.amazon.com/dp/B00RV3QAKS>.

Chef Remi  
Impulseev  
310-598-7384  
email us here

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