

Get Smart with Kitchen Gadgets

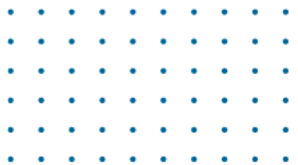


Poll Question

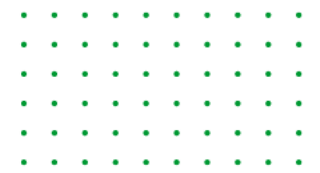


Which of these gadgets do you use most in your kitchen?

1. 🍟 Air fryer (fast, easy, crispy - what's not to love?)
2. 🌡️ Food thermometer (the real MVP!)
3. 🔥 Microwave (old reliable)
4. 🍲 Slow cooker / Crockpot (set it and forget it)
5. 🍚 Rice cooker (rice is life!)
6. ⚙️ Something else! (tell us your fave in the comments 💬)



The Partnership: Why We're Here



Each year, **1 in 6 people** in the U.S. get sick from foodborne illness, leading to **128,000 hospitalizations** and **3,000 deaths**.

The Partnership is a network of:

- 13,000 public health and food safety educators
- 40 Partner organizations
- Federal liaisons (CDC, FDA, USDA)

Working together to advance trusted, consistent, science-based behavioral health messaging to help prevent illness and promote safe food handling.



Housekeeping



Join the chat! Or send a question during the webinar.



After the webinar, please complete a short survey to help us improve.



One-hour CEU available for **NCHEC and ANFP** and a **Certificate of Completion** for other eligible organizations

- Download certificates from the follow-up email or at fightbac.org → *Free Resources* → *Recorded Webinars*
- NCHEC credit: Complete the online questionnaire by **Friday, December 12**



GET SMART WITH KITCHEN GADGETS

Candice Christian, MPH, CHES®
NC State University





THE TEAM



Dr. Ben Chapman

Interim Associate Director of NC State Extension,
Department Head and Founder of Safe Plates



Dr. Ellen Shumaker

Director of Safe Plates Outreach



Dr. Savana Everhart Nunn

Retail Food Safety Program Manager



Candice Christian, MPH, CHES®

Home & Community Program Manager



OBJECTIVES



- Learn about common kitchen gadgets (e.g., air fryers, multi-cookers, immersion wands) and how they support safe cooking and storage practices.
- Understand the correct use of kitchen gadgets to help prevent foodborne illness during everyday and holiday meal preparation.
- Explore ways to communicate the benefits of using kitchen gadgets to audiences seeking practical food safety tips.



THE MVP OF FOOD SAFETY:

★ FOOD THERMOMETER



DEFROSTING TRAY



What to Know:

- ★ Avoid raw meat, poultry or seafood from sitting on the tray for 4 hours or more.
- ★ Use the tray for small, thin cuts that can thaw completely and quickly
- ★ Place a rimmed plate or pan under the tray to catch any moisture, drips or raw juices spreading bacteria to the countertops

IMMERSION WANDS



What to Know:

- ★ Cooks food at a low temperature for an extended period of time
- ★ Follow the minimum and maximum cook-time instructions that come with your device. If immunocompromised choose higher temperature range.
- ★ If food will not be eaten immediately cool by plunging into ice water to reduce the temperature quickly, then refrigerate or freeze.

MULTI COOKERS



What to Know:

- ★ Always use a thermometer to make sure food has reached a safe temperature
- ★ Avoid temperature abuse, be careful when using the delay feature, foods left at room temperature are at risk of bacteria multiplying rapidly and causing foodborne illness
- ★ Refrigerate or freeze leftovers immediately and do not store food in the pot.

SLOW COOKERS



What to Know:

- ★ Add liquid, this is necessary to create the steam needed to cook the food.
- ★ Do not cook on warm setting which is designed to keep already hot foods hot.
- ★ Keep the lid on to maintain temperature.

AIR FRYERS



What to Know:

- ★ Because the outside crisps so quickly, consumers often assume the inside is done.
- ★ You should aim to clean the air fryer after every meal that is cooked in it to avoid the risk of cross-contamination.
- ★ Cross-contact in air fryers is a concern for those who suffer from food allergies

DEHYDRATORS



What to Know:

- ★ Follow the manufacturer's instructions
- ★ Prep Safely: Always clean and sanitize your equipment and wash all produce thoroughly
- ★ Maintain a consistent dehydrator temperature of 140°F for rapid drying and inhibiting bacteria growth

VACCUM SEALER



What to Know:

- ★ NEVER use vacuum sealing as a substitute for refrigeration or freezing for perishable foods (like raw meat, poultry, seafood, or cooked foods).
- ★ There is a heightened danger with ROP fish. Fish must be removed from the package before thawing
- ★ Manufacturers recommend that you do not package raw onions, fresh mushrooms or fresh garlic due to botulinum concerns.

NOTEWORTHY KITCHEN GADGETS/TOOLS



FLOW OF FOOD DURING A HOLIDAY GATHERING WITH GADGETS

Preparation

Defrosting tray

Cooking

Immersion wand, multi-cooker, slow cooker, air fryer, food thermometer

Holding

Slow cooker, multi-cooker (keep warm setting)

Storage

Vacuum sealer



KEY TAKEAWAYS



Time and Temperature Matter

The digital food thermometer is the single most important safety gadget in the kitchen.

Follow Instructions

Correct usage (especially temperature checking) is non-negotiable.

Communication for Educators

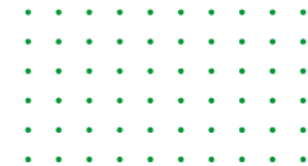
Frame safety as a benefit (better food quality)

QUESTIONS

Candice Christian

Email: cadescha@ncsu.edu





Educational Resources & Tools

Katie Weston

Program Manager

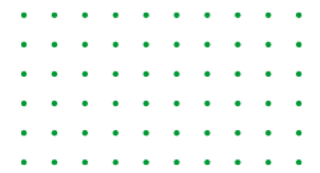
Partnership for Food Safety Education

kweston@fightbac.org



**Partnership for
Food Safety
Education**

Air Fryer Safety Graphics



Quick Air Fryer Tips

Follow these steps to help lower your risk of food poisoning.

Avoid Overcrowding Food

Check Internal Temperature

Clean And Sanitize

To learn more visit fightbac.org

AIR FRYER CLEANING TECHNIQUES

Clean your air fryer after each use. This helps to keep you healthy by lowering your risk of food poisoning.

- 1 Soak**
Soak the pan and basket in warm, soapy water. Let them sit as needed, then scrub off food.
- 2 Wipe**
Wipe the basket base—inside and outside—with a damp, soft rag or sponge.
- 3 Dry**
Dry all parts completely and reassemble.

To learn more visit fightbac.org

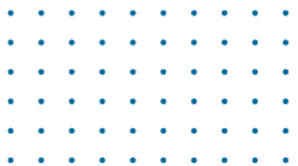
Check The Temp, Not The Time!

Each air fryer is made differently. The best way to know your food is done is by using a food thermometer, not by the amount of time on the clock.

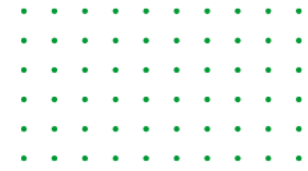
Cooking Temperatures	
Shrimp, crab, crawfish, scallops and lobster	Opaque in color
Whole cuts of beef, pork, veal, lamb and fish	145°F
Ground or tenderized meats, except poultry	155°F
Poultry (ground or whole) or stuffed products	165°F

To learn more visit fightbac.org


[Fightbac.org/food-safety-education/the-story-of-your-dinner/social-media/#airfryer](https://fightbac.org/food-safety-education/the-story-of-your-dinner/social-media/#airfryer)



Food Safety Mythbusters




FOOD SAFETY MYTHBUSTERS



MYTH: My food is safe to eat because I cooked it in the microwave, which kills harmful bacteria.

FACT: Microwave ovens will kill bacteria when food is heated to a safe internal temperature. Microwaves can cook unevenly because food may be shaped irregularly or vary in thickness, leaving cold spots in food where harmful bacteria can survive. Always follow package directions that advise a "standing time" or rotating and stirring food. Know your microwave's wattage and use a digital food thermometer to ensure food has reached a safe internal temperature.

fightbac.org/mythbusters



CAZADORES DE MITOS SOBRE SEGURIDAD ALIMENTICIA




MITO: El "tiempo de reposo" recomendado para los alimentos aptos para microondas es opcional, para evitar quemarme.

REALIDAD: La temperatura de los alimentos puede aumentar varios grados durante el "tiempo de reposo." Siga siempre las instrucciones del paquete que aconsejan dejar reposar la comida durante unos minutos después de apagar el microondas o sacar la comida del microondas. Conozca la potencia de su microondas y use un termómetro digital para alimentos para asegurarse de que los alimentos hayan alcanzado una temperatura interna segura.

fightbac.org/mythbusters




FOOD SAFETY MYTHBUSTERS



MYTH: My chicken or turkey is done and safe to eat when it's no longer pink on the inside.

FACT: Looking at color and texture is not a reliable way to tell if food is safe to eat. The only way to know that food has been cooked to a safe internal temperature is to use a digital food thermometer. Poultry should be cooked until the internal temperature reaches 165°F on a digital food thermometer.

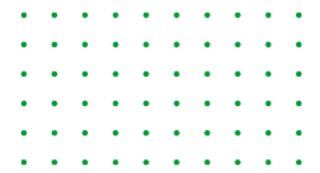
fightbac.org/mythbusters



Fightbac.org/food-safety-mythbusters/



Temperature & Storage Charts



COOK

Safe Cooking Guidelines

SAFE MINIMUM INTERNAL TEMPERATURES	
as measured with a food thermometer	
Beef, pork, veal and lamb (roast, steaks and chops)	145 °F with a three-minute "rest time" after removal from the heat source
Ground meats	160 °F
Poultry (whole, parts or ground)	165 °F
Eggs and egg dishes	160 °F, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165 °F
Finfish	145 °F

GUIDELINES FOR SEAFOOD	
Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

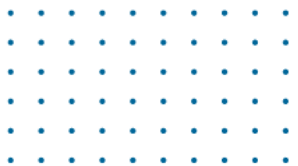
CHILL

Storage Times for the Refrigerator and Freezer

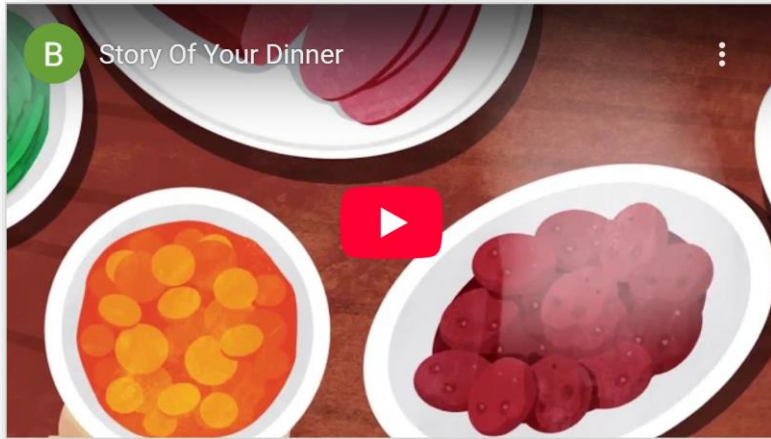
These short but safe time limits for home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely. For storage times for eggs and foods made with eggs, see [Egg Storage Chart](#).

CATEGORY	FOOD	REFRIGERATOR (40 °F OR BELOW)	FREEZER (0 °F OR BELOW)
Salads	Egg, chicken, ham, tuna and macaroni salads	3-5 days	Does not freeze well
Hot dogs	Opened package	1 week	1-2 months
	Unopened package	2 weeks	1-2 months
Luncheon meat	Open package or deli sliced	3-5 days	1-2 months
	Unopened package	2 weeks	1-2 months
Bacon and sausage	Bacon	7 days	1 month
	Sausage, raw — from chicken, turkey, pork, beef	1-2 days	1-2 months
Hamburger and other ground meats	Hamburger, ground beef, turkey, veal, pork, lamb and mixtures of these	1-2 days	3-4 months
Fresh beef, veal, lamb and pork	Steaks	3-5 days	6-12 months
	Chops	3-5 days	4-6 months
	Roasts	3-5 days	4-12 months
Fresh poultry	Chicken or turkey, whole	1-2 days	1 year
	Chicken or turkey, pieces	1-2 days	9 months
Soups and stews	Vegetable or meat added	3-4 days	2-3 months
Leftovers	Cooked meat or poultry	3-4 days	2-6 months
	Chicken nuggets or patties	3-4 days	1-3 months
	Pizza	3-4 days	1-2 months

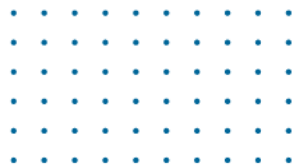
Fightbac.org/food-safety-basics/the-core-four-practices/



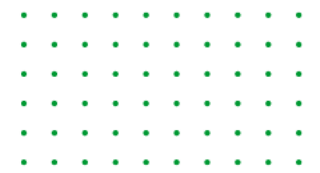
Story of Your Dinner Videos



[Fightbac.org/food-safety-education/the-story-of-your-dinner/](https://fightbac.org/food-safety-education/the-story-of-your-dinner/)



Story of Your Dinner for Educators



EDUCATOR ACTIVATION GUIDE

How to Use Flour Resources in Your Outreach

Flour is a raw ingredient. Wheat comes from the farm, so it's minimally processed and then packaged for use. Because it's raw, flour may contain harmful germs, like E. coli and Salmonella, that cause food poisoning. Proper cooking and baking kill harmful germs that may be in raw flour, dough and batter. Wash your hands with soap and water after handling raw flour to prevent it from spreading to other foods. Remember to wash bowls, utensils, countertops, and other surfaces that have touched raw flour with hot, soapy water.

Social Media Graphics & Videos

- MYTHBUSTERS**
Use these four graphics to debunk food safety myths about baking with raw flour. These myths originate from the misapplication of science, family tradition, or misinformation on social media. Available in Spanish language.
- NEW! Flour Safety Mytbusters**
Use these four graphics to debunk food safety myths about baking with raw flour. These myths originate from the misapplication of science, family tradition, or misinformation on social media. Available in Spanish language.
- NEW! Flour Safety Video**
This video explains why flour is a raw ingredient that needs to be handled safely when baking at home. Available in Spanish language.
- E. COLI**
Protect your child. Share these graphics about common harmful pathogens Campylobacter, E. coli and Salmonella. Young children represent half of all foodborne illness hospitalizations in the United States each year.
- NAMA's Raw Flour Video**
This video explains why flour is a raw ingredient. Wheat comes from the farm and is minimally processed. Then it is packaged for use.

Baking Tips Infographic
Families baking at home should be aware that there are additional risks associated with eating raw batter and dough, such as harmful strains of E. coli and Salmonella that may be in raw eggs and flour. Following these food safety steps when baking at home will help keep families safe and happy. Available in Spanish language.

Keep Children Safe Graphics
Use these graphics about raw dough and handwashing to educate parents of children under age 5. Young ones are at an increased risk for foodborne illness and related health complications because their immune systems are still developing.

Feel free to follow the Partnership for Food Safety Education on these social networks:

fightbac.org/flour-safety

Use a food thermometer.

THE STORY OF YOUR DINNER
Partnership for Food Safety Education

A HEALTHY HOME HOLIDAY

Follow the proper handwashing steps to keep your family healthy this holiday season.

- 1 WET
- 2 LATHER
- 3 SCRUB
- 4 RINSE
- 5 DRY

THE STORY OF YOUR DINNER
Partnership for Food Safety Education

Partnership for Food Safety Education
Together: A Food Safe America

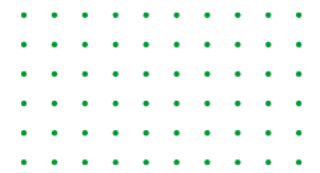
E. COLI
Protect your child.

THE STORY OF YOUR DINNER
Partnership for Food Safety Education

[Fightbac.org/food-safety-education/the-story-of-your-dinner/](https://fightbac.org/food-safety-education/the-story-of-your-dinner/)



Turkey Day Food Safety



A Safe Holiday Feast

1 in 6 AMERICANS WILL GET A FOODBORNE ILLNESS THIS YEAR.

FOOD SAFETY is IMPORTANT!

Follow these simple rules to ensure a **SAFE** holiday feast.

SHOPPING for your FEAST

Make room for your feast in the fridge and freezer.

Keep fresh fruits and vegetables separate from raw meat and poultry, and keep all food away from household chemicals in your shopping cart and in bags.

Refrigerate perishable foods as soon as you get them home from the store.

ALWAYS PAY ATTENTION to "SELL BY" & "USE BY" DATES.

BUY A FOOD THERMOMETER!

Fightbac.org/winter/talking-turkey/

DON'T TOUCH PRACTICE SAFE POULTRY HANDLING

1. PLACE POULTRY IN PLASTIC BAG PROVIDED AT MEAT COUNTER
2. KEEP POULTRY IN PLASTIC BAG WHEN YOU GET IT HOME
3. PLACE ON A LOW SHELF TO PREVENT LEAKAGE FROM CONTAMINATING OTHER FOODS

CHECK TEMP

USE A FOOD THERMOMETER

COOK POULTRY TO 165 °F

THAW IN THE FRIDGE TO KEEP POULTRY AT OR BELOW 40 °F

Don't WING IT

PRACTICE SAFE POULTRY HANDLING

DONT TOUCH - CHECK TEMP

www.fightbac.org

Partnership for Food Safety Education

Fightbac.org/food-safety-education/dont-wing-it/

FOOD SAFETY BASICS FOR BAKING

Follow these food safety steps when baking at home to keep your family safe and happy.

WASH HANDS, BAKING TOOLS AND SURFACES WITH SOAP AND WATER before and after handling raw flour and eggs.

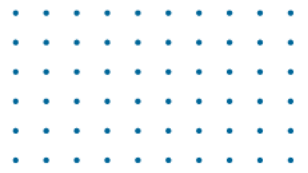
97 percent of consumers failed to wash their hands properly when preparing a meal.

DON'T EAT BATTER THAT CONTAINS RAW EGGS OR RAW FLOUR! Raw eggs and raw flour may contain harmful bacteria that could make you or your family sick.

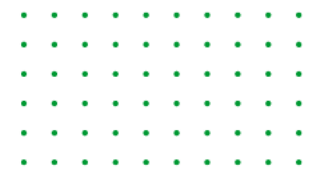
DID YOU KNOW?

1 in 6 Americans get a foodborne illness each year.

Fightbac.org/flour-safety/



Turkey Talk Virtual Office Hours



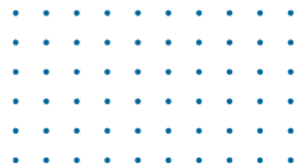
Turkey Talk With All the Sides to Dish

- Monday, November 24
- 3 p.m. to 4 p.m. Eastern

Free Office Hours Event with Food Safety Experts

- Got questions about your Thanksgiving or holiday meal prep? Drop in, ask your questions, and get answers you can trust before the big meal!

Registration link: [Fightbac.org/events/](https://fightbac.org/events/)



Turkey Talk

WITH ALL THE SIDES TO DISH!

Get your Thanksgiving meal questions answered!

NOVEMBER 24, 2025
TIME: 3-4 PM EST

Learn more at:
fightbac.org/events

Partnership for Food Safety Education

UNIVERSITY OF MARYLAND EXTENSION

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.
If you need a reasonable accommodation to participate in any event or activity, please contact Dr. Shauna Henley at least two weeks in advance at shenley@umd.edu or 410-327-8090.



Thank You & Stay Involved with PFSE

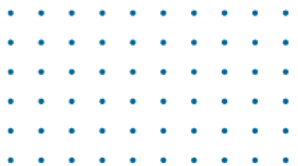


Thank you!

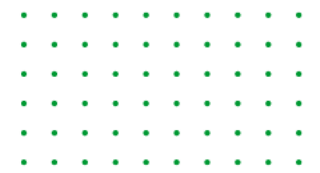
- Reach out any time with thoughts or questions!
- Contact me at kweston@fightbac.org

Stay involved with the Partnership

- Follow us on [Facebook](#) or [LinkedIn](#)
- [Sign up](#) for our free e-newsletter
- Check out fightbac.org/get-involved/ for more ways to get involved



PFSE Contributing Partners



Academy of Nutrition and Dietetics
American Frozen Food Institute
Ardent Mills
Association of Food and Drug Officials
Big Y Foods, Inc
Boar's Head Provisions Co.
Costco Wholesale Corporation
FMI Foundation
Groundswell Strategy
HelloFresh
H-E-B
Instacart
International Association for Food Protection
International Food Information Council

International Fresh Produce Association
JBS
Kroger Company
Meijer, Inc.
National Association of Convenience Stores
National Chicken Council
National Consumers League
National Frozen & Refrigerated Foods Association
National Grocers Association
National Turkey Federation
North American Millers' Association
NSF
Pork Checkoff
Provision Analytics Inc.

Publix Super Markets Charities, Inc.
Refrigerated Foods Association
SmartLabel by Consumer Brands
Southeast Produce Council
Sysco Corporation
Tyson Foods, Inc.
Uber Eats
Wakefern Food Corp.
Walmart
Wayne-Sanderson Farms
Wegmans
Whole Foods Market

Federal Liaisons

Centers for Disease Control and Prevention
U.S. Food and Drug Administration, CFSAN
U.S. Department of Agriculture, FSIS / NIFA



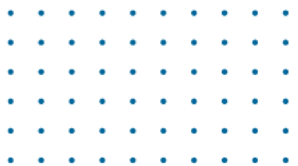
Continuing Education Units



****FINAL REMINDER****

One-hour CEU from NCHCEC & ANFP and Certificate of Completion available for other CEU-eligible organizations

- Follow-up email
- Download at fightbac.org under “Free Resources” tab and “Recorded Webinars”
- Educators seeking NCHCEC must complete online questionnaire by **Friday, December 12**



Thank You for Joining Us!

Candice Christian, MPH

Extension Associate, Safe Plates Home
and Community Program Manager
NC State Extension

Katie Weston

Program Manager
Partnership for Food Safety Education

fightbac.org

