



A MINUTE OF HEALTH WITH CDC

Not So Fast Food

Multistate Outbreak of Salmonella Serotype I 4,5,12:i: Infections Associated with Pot Pies — United States, 2007

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

In our hurried society, speed often takes precedence over safety. A recent CDC report identified over 400 people in 41 states who contracted Salmonella food poisoning from eating microwavable meals that were inadequately cooked. Some meals contain ingredients that haven't been previously cooked. For these dinners, called not-ready-to-eat meals, proper cooking is essential for safety. Before you pop that frozen item into the microwave, check to see if it needs to be thoroughly cooked or just warmed up. Then, follow the time and temperature requirements carefully to ensure a safe dinner.

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For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.