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The Food Safety Book: What You Don't Know Could Kill You

Joe Kivett, Mark Tamplin

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The Centers for Disease Control and Prevention (CDC) estimates that 48 million Americans are affected by foodborne illness each year, 128,000 are hospitalized, and about 3,000 die. THE FOOD SAFETY BOOK answers just about every food safety, quality, and storage-related question anyone might have. With facts culled from the Food Marketing Institute, the World Health Organization, the Centers for Disease Control, the United States Department of Agriculture, and Dr. Mark Tamplin (a professor and renowned foodborne pathogen scientist with expertise in food safety), THE FOOD SAFETY BOOK provides practical information including: • A 41-page “A to Z” Guide to selecting and storing over 75 fruits and vegetables • Storage and longevity charts for over 340 items including bakery items, frozen foods, refrigerated foods, fresh foods, shelf foods, shelf-stable foods, and even spices • Information on understanding product dating • Helpful tips on how to keep food fresher longer • How to reduce food waste • Information on milk and dairy’s true shelf life • Foods to avoid when pregnant • Information on baby food do’s and don’ts • A holiday and party food safety guide • A guide to preventing, identifying, and treating numerous foodborne illnesses THE FOOD SAFETY BOOK makes a great gift for home cooks, newlyweds, new parents, college students, or anyone interested in preparing safe, fresh, and great-tasting food.

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