COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS A FOOD SAFETY ISSUE?

CDC and USDA are not aware of any reports at this time of human illnesses that suggest COVID-19 can be transmitted by food or food packaging. However, it is always important to follow good hygiene practices (i.e., wash hands and surfaces often, separate raw meat from other foods, cook to the right temperature, and refrigerate foods promptly) when handling or preparing foods.

IS FOOD IMPORTED FROM COUNTRIES AND STATES AFFECTED BY COVID-19 AT RISK OF SPREADING COVID-19?

- Currently, there is no evidence to support transmission of COVID-19 associated with imported goods and there are no reported cases of COVID-19 in the United States associated with imported goods.

IF AN EMPLOYEE AT A FOOD ESTABLISHMENT BECAME INFECTED WITH CORONAVIRUS, WOULD THE FOOD PRODUCED AT THAT FACILITY BE SAFE TO EAT?

- Food establishment personnel who are ill with COVID-19 or any other illness should be excluded from work activities that could create unsanitary conditions (i.e. coughing or sneezing on product).
- COVID-19 is thought to spread mainly from person to person through respiratory droplets that can land in the mouths or noses of people who are nearby.

CAN I GET SICK WITH COVID-19 FROM TOUCHING FOOD, THE FOOD PACKAGING, OR FOOD CONTACT SURFACES, IF THE CORONAVIRUS WAS PRESENT ON IT?

- Currently there is no evidence of food or food packaging being associated with transmission of COVID-19.
- Coronaviruses need a living host (animal or human) to grow in and cannot grow in food.
- Like other viruses, it is possible that the virus that causes COVID-19 can survive on surfaces or objects.

HOW SHOULD FOOD BE HANDLED DURING THE COVID-19 PANDEMIC?

- As always, follow good hygiene and food safety practices when preparing food:
  - Purchase food from reputable sources
  - Cook food thoroughly and maintain safe holding temperatures
  - Use good personal hygiene
  - Clean and sanitize surfaces and equipment

NC STATE EXTENSION

Stay informed: go.ncsu.edu/covid-19

usda.gov/coronavirus | fsai.ie/faq/coronavirus.html

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NC STATE UNIVERSITY

Tuna Boats

Budget-friendly recipe

0 Comments

Serves: 4
Ready in: 15 mins.

Using cucumbers instead of bread or crackers makes this meal refreshing and a great choice for warmer months.

Ingredients

2 Large cucumbers
1 Lemon
2 Green onions
1 (6-ounce) can low-sodium tuna *in water*
1 (15.5-ounce) can white beans
1 tablespoon Canola oil
1 tablespoon Dijon or country mustard
½ teaspoon Salt
¼ teaspoon Ground black pepper

Nutrition Info and more

Serving size: 1 piece
Total calories: 230
Total fat: 5 g
Saturated fat: <1 g
Carbohydrates: 28 g
Protein: 20 g
Fiber: 7 g
Sodium: 410 mg

What You'll Need

Box grater
Can opener
Colander
Cutting board
Fork
Measuring spoons
Medium bowl
Sharp knife
Small bowl
Spoon
Vegetable peeler

Distributed By:

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Directions

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

Chef Tips

For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top.

Add chopped bell pepper or celery for extra nutrition and crunch.

Try canned salmon, packed in water, instead of tuna.