

# The Pulse of Food Safety:

*The popular "five-second rule" maintains that if food falls to the ground, it may be safely eaten as long as it is picked up within five seconds.*

Dr. Emmanuel Iyegbuniwe, PhD, Associate Professor of Public Health asked his Spring 2011 undergraduate students in Introduction to Epidemiology (PH 384) and Food Safety (ENV 490) to provide their comments to the following questions: *Do you practice the 5-second rule? When in doubt, do you throw it out?*

## THE INFAMOUS 5-SECOND RULE!

### Personal and Family Standards...

When I first had my son, anything that came close to the floor would get steamed, sanitized or sterilized before I let him put it back in his mouth. That is exhausting and it can torture an all ready stressed out mom. I think I agree with almost everyone that it does depend on the food itself and where it drops, but all in all...5 seconds is fine for me. My son seems to believe in a 30 minute rule! LOL!



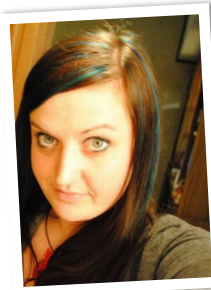
-Amanda Staples

### Happy Holidays!

That is so funny. I know how irritating it is to drop something that you have carefully prepared. What if you dropped the Christmas turkey? Would you pick it up and serve it to the family if no one saw it fall?



-Bridgett Link



LAURA WOOD

PERSONALLY, I DISAGREE WITH THE 5 SECOND RULE. I WOULDN'T EAT ANYTHING I DROPPED ON THE FLOOR BECAUSE GERMS CAN STILL TRANSMIT THEMSELVES IN SUCH A SHORT PERIOD OF TIME. IT MAKES BETTER SENSE TO ME TO PLAY IT SAFE AND DISCARD ANY FOOD DROPPED ON THE FLOOR. OR GIVE IT TO THE DOGS! :)



LESLIE MCKINNEY

WHILE THE "FIVE-SECOND RULE" IS AMUSING, I DON'T REALLY USE IT. IF SOMETHING FALLS ON MY FLOOR I JUST USE MY DEDUCTIVE REASONING AT THE TIME. IT DEPENDS ON WHEN I LAST CLEANED THE FLOOR, WHAT FOOD WAS DROPPED, ETC. AS FOR "WHEN IN DOUBT, THROW IT OUT", YES. IF I HAVE EVEN A SMIDGEON OF DOUBT IT IS GONE.



ANDREA HAYCRAFT

UMM FOR ME I THINK IT DEPENDS ON WHAT FLOOR IT FEEL ON. UMM FOR INSTANCE IF I WAS EATING FOOD IN A BUSY RESTAURANT AND I DROP IT I WON'T EAT IT, BUT IF I JUST CLEANED AND WAXED MY KITCHEN FLOORS AT HOME AND I DROP SOMETHING ON MY FLOOR I MIGHT EAT IT, IT JUST DEPENDS SOMETIMES.