FOOD SAFETY
DON'T BE THE CAUSE OF
FOODBORNE ILLNESS!

The following information provides an overview of food safety practices which can reduce the risk of food poisoning in your home or business.

Handle perishable foods safely
Perishable foods must be stored at controlled temperatures. In addition, foods must be protected from contamination. Please follow these recommendations:

Avoid the temperature danger zone!
- **Cold foods** need to be stored below **4ºC (40ºF)**.
- **Hot foods** need to be stored above **60ºC (140ºF)**.
- The only way to know is to use a thermometer!
- Do not store any perishable foods in the **danger zone** between **4ºC** and **60ºC**, where bacteria can grow. (ex. On the kitchen counter)

Cross contamination control:
1. Keep raw meats and poultry away from other foods during storage and preparation.
2. Keep separate cutting boards for raw meats and vegetables to avoid cross-contamination.
3. Keep foods covered.
4. Make sure the refrigerator is set at 4°C (40°F), and keep the freezer at -18°C (0°F).
5. Serve foods right away so they do not linger at room temperatures where bacteria can grow.
6. Remove food from the stove, serve it and put the rest in the fridge immediately.
7. Keep cooked and ready-to-eat foods separate from raw foods, and surfaces that raw meats have contacted. This will prevent the bacteria that live on raw meats from contaminating food which will not be cooked again.

Thaw frozen food safely
- In a refrigerator.
- In a microwave oven.
- Under cold running water.
- In cold water that is changed often enough to keep it cold.
- Never thaw at room temperature.

Cooking food thoroughly
It is necessary to kill harmful bacteria that may be present in or on the food. This is very important for poultry and ground beef.

More food safety tips
- **Wash all produce** thoroughly before cooking or eating.
- **Cook poultry dressing separately.** Never inside the bird.
- **Cook poultry or roasts all at once.** Never cook partially on one day to finish cooking on the next day.
- **Use a thermometer** to find out the internal temperature of cooked items. (See Table for internal temperatures.)
- **Place all hot food items in several shallow or smaller pans in a refrigerator** for "quick chilling".
- **Avoid the use of home canned or preserved food** items when serving large numbers of people.

Food Safety Awareness

Most foodborne illness can be avoided by following these simple food safety tips:

CLEAN:
Wash your hands frequently with soap and water.
- Before handling food or eating.
- After handling raw meats, using the toilet, touching pets/animals and changing diapers.

Wash counters, utensils, cutting boards, and other surfaces after they come into contact with raw meat.

COOK
- Cook all meats, poultry, and eggs to a proper internal temperature, as listed in the table.
- Keep all hot foods at 60°C (140°F) or more, to prevent the growth of bacteria.
- Use a kitchen thermometer to check cooking and storage temperatures.

CHILL
- Chill all leftovers promptly to keep them out of room temperature.
- Refrigerate all perishable foods at 4°C (40°F) or less, to prevent the growth of bacteria.
- Thaw frozen foods in a refrigerator, cold water, or a microwave oven, not at room temperature.

SEPARATE
- Use separate cutting boards for raw meats, and raw fruits and vegetables.
- Store raw meats below ready-to-eat foods, on lower refrigerator shelves, to prevent contamination caused by dripping.

Action	Temperature required
Refrigeration	4°C (40°F) or less
Freezing	Minus 18°C (0°F) or less
Cooking	
Food Mixtures containing Poultry, Eggs, Meat, Fish or other potentially hazardous foods	Internal Temperature of 74°C (165°F) for at least 10 minutes
Pork, Lamb, Veal, Beef (whole cuts)	Internal temperature of 70°C (158°F)
Rare Roast Beef	Internal temperature of 63°C (145°F) for 3 minutes
Poultry	Internal temperature of 85°C (185°F) for 15 seconds
Stuffing in Poultry	74°C (165°F)
Ground Meat	71°C (160°F)
Eggs	63°C (145°F) for 15 seconds
Fish	71°C (160°F)
Reheating	74°C (165°F)
Holding Hot Foods	60°C (140°F)
Cooling	60°C (140°F) to 20°C (68°F) within 2 hours 20°C (68°F) to 4°C (40°F) within 4 hours

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Food Safety Awareness