

# Food Safety Basics

Follow these four steps when preparing any food at home.

## Clean

**Wash your hands and surfaces often**

**Why?** Bacteria can easily spread in the kitchen on hands, utensils and countertops. This can make you sick.

**How?** Wash your hands with warm soapy water for at least 20 seconds.

Wash utensils, cutting boards and counter tops after preparing each food item and before you start the next.

Rinse fruits and vegetables under running water before eating or cooking.

To sanitize surfaces, wash, then wipe with a solution of 1 teaspoon of bleach and 1 litre of water and let dry. Make the solution as needed; do not store for future use.

### When?

- before, during, and after preparing food
- after handling uncooked eggs, or raw meat, poultry or seafood
- after coughing, sneezing, or blowing nose,
- after touching garbage
- after using the toilet
- before and after caring for someone who is sick

## Cook

**Use a Food Thermometer**

**Why?** Food needs to reach a high enough temperature to kill bacteria that can make you sick. Keep hot food hot, cold food cold.

**How?** Keep hot food hot (at least 60°C/140°F) and cold food cold (below 4°C or 40°F).

Use a thermometer meat, poultry, seafood, egg products, leftovers and casseroles.

Place food thermometers in the thickest part of the food.

**When?** Always! Colour and texture cannot tell you if food is fully cooked.

## Separate

**Don't cross-contaminate**

**Why?** Cross-contamination is how bacteria spreads. Keep raw meat, poultry, seafood and eggs away from ready-to-eat foods.

**How?** Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.

Use separate plates and utensils for cooked foods and for raw foods.

**When?** Never put cooked food on a plate that held raw meats or eggs.

Separate raw meats and protein foods from other foods in the refrigerator. Put them in containers or sealed plastic bags on the bottom shelf.

## Chill

**Refrigerate within two hours**

**Why?** Bacteria grows fastest in room temperature, called the Danger Zone, between fridge 4°C stovetop or oven 60°C (40°F to 140°F).

### How?

- keep cold foods below 4°C/40°F
- never thaw at room temperature
- marinate food in the fridge
- divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator

### When?

Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.

Never let food sit at room temperature more than 2 hours before putting it in fridge or freezer.



# Holiday Food Safety Tips

## Safely thawing a turkey

### Fridge thawing frozen turkey:

Leave turkey in original packaging, place in a shallow pan, allow 24 hours thaw time for each 4-5 pounds of meat.

Cold water thawing: leave turkey in original packaging, place in a clean and sanitized sink or pan, submerge in cold water, change the cold water every half hour, allow a ½ hour thaw time for each pound of meat, and cook immediately.

### Oven Roasting a Turkey:

- For an unstuffed (10-12 lb) turkey: Roast at 163°C/ 325°F for 3-3.5 hours. Use the food thermometer to be sure internal temperature is 82°C/ 180°F.
- A stuffed turkey will take longer to cook. The stuffing inside must cook to 74°C or 165°F as well.
- Let the turkey stand for 20 minutes after removing from the oven before carving.







### Leftovers

- Reheat or freeze leftovers within 3 days.
- Slice and freeze the cooked turkey to keep it for 3-4 months.
- Reheat leftovers to 74°C/ 165°F temperature - they should be hot and steaming.
- Use leftover gravy within 1-2 days and bring to a boil to reheat.

## Safe Internal Cooking Temperatures

### When checking internal food temperatures:

- Use a probe thermometer.
- Insert thermometer in the thickest part of the food. Do not touch bone or fat.
- Clean and sanitize the thermometer before and after each use.

	Whole poultry (chicken, turkey)	82°C	180°F
	Poultry pieces or ground poultry	74°C	165°F
	Food mixtures	74°C	165°F
	Ground meat (beef, pork, lamb)	71°C	160°F
	Pork and pork products	71°C	160°F
	Fish	70°C	158°F