



## Food Handling Safety

Are you handling food safely in your home? Food safety is every one's responsibility. Always begin with a good hand wash.



Wash your hands with warm soapy water for at least 20 seconds before and after handling food, using the washroom, changing diapers, handling pets etc.

**Remember these 4 core tips when preparing your meals:**



### Clean:

\*Properly cleaning kitchen surfaces will help eliminate bacteria and reduce your risk of foodborne illness. For added protection, use a bleach solution to sanitize. Mix 5mL (1 tsp) of household bleach to 750mL (3 cups) of water in a labeled spray bottle.

\*Wash countertops with warm soapy water after preparing each food item.

\*Wash fresh fruits and vegetables under cool, running, drinkable water, before eating them or cooking them.



\*Use a vegetable scrub brush on produce that have a firm skin, such as carrots, potatoes, melons and squash.

\*If you've used utensils to handle raw food, don't use them again until you've cleaned them thoroughly in the dishwasher or in warm, soapy water.

### Separate:

\*Cut and prepare raw meat, fish and poultry on a separate cutting board from that used to cut ready to eat vegetables, fruit or other foods.

\*Always place cooked food on a clean plate. Do not use the same plates for raw and cooked meat, poultry, fish or seafood because cross-contamination can occur and this can cause foodborne illness.

### Cook:

\*Food that has been defrosted in the microwave should be cooked immediately after thawing.

\*Bring gravies, soups and sauces to a full, rolling boil and stir during the process.

\*Always remember to cook raw meat, poultry and seafood to a safe internal temperature to avoid foodborne illness.

\*Remove the food from the heat and insert the digital food thermometer through the thickest part of the meat, all the way to the middle. Thermometer must not be touching any bones.

\*Avoid consuming any raw or lightly cooked eggs or egg products such as cookie dough or cake batter.

### Chill:

\*Never leave raw meat, poultry, fish, seafood or leftovers out on the counter for longer than two hours.

\*Store cut fruits and vegetables in the refrigerator.

\*Place raw meat, poultry, fish and seafood on the bottom shelf of your refrigerator so raw juices won't drip onto other food.

\*Don't pack your refrigerator with food - cold air must circulate to keep food safe. Check the temperature in your refrigerator using a thermometer.

### Resources:

[www.hc-sc.ac.ca](http://www.hc-sc.ac.ca)

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## Fun Food Facts!



**Napoleon** wanted to get armies farther away from base, and the limiting factor was food, so he offered 12,000 francs for anyone who could come up with a method of preserving food. Little gentleman called Nicolas Appert put food into an earthen jar, covered it, heated it and said, *Aha, the food doesn't spoil, I've kept the spirits out.* They had no idea why it didn't spoil but he's recognized as the father of canning.

## Did You Know?



**Never use your nose, eyes or taste buds to judge the safety of food. You cannot tell if a food may cause foodborne illness by its smell, look or taste. If in doubt, throw it out!**