

Food Safety Tips

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 and animals, 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 below.
 - 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 dripping.

Food Temperature Guide

(Taken from the Food Retail and Food Services Code, 2001)

Activity	Temperature Needed
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 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	70° C (158° F)
Eggs	63° C (145° F) for 15 seconds
Fish	70° C (158° F)
Reheating	74° C (165° F)
Hot Holding	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