

FOOD SAFETY AT HOME

Cleaning:

Was your hands, regular soap or alcohol-based hand rub, for 20 seconds.

- Separating cutting boards is essential, use one for produce and the other for any of your meat products.
- Always wash utensils and dishes thoroughly before reuse, especially with raw food.
- Paper towels should be used when you can to wipe down surfaces unless you change dishcloths daily.
- DON'T USE SPONGES they are harder to keep bacteria free.
- Wash reusable grocery bags frequently.
- Use kitchen sanitizer or a bleach solution to sanitize cutting boards, utensils and surfaces.

Food:

- Wash produce with running water don't soak, bacteria in the sink can be transferred to your food.
- DON'T use soap to wash produce.

Chilling:

- Refrigerator to be set for 4 degrees Celsius and freeze at -18 degrees Celsius.
- Temperature danger zone for food is between 4C and 60C.
- Raw meat, poultry, fish and seafood should be kept cold, refrigerate or freeze within 2 hours.
- Keep raw meat, poultry, fish and seafood separate from all other food in refrigerator, store in containers, also leave on lowest part of the refrigerator in sealed container or sealed bag so any raw juices will not drip on the other food.
- Deli meats should be used within four days, or two to three after opened.
- Washed, cut fruit and sliced veggies to be stored in the refrigerator.
- Raw meat, poultry, fish, and seafood should be cooked no more than two to three days after purchasing, if not intent to cook within those days freeze it.

Thawing:

- Safest way to thaw food is in the refrigerator, especially raw meat, poultry, fish and seafood. Never defrost at room temp, place in cold water, refrigerator or in the microwave, if defrosted in the microwave cook as soon as possible. NEVER EVER refreeze thawed food. Make sure you sanitize after defrosting and wash your hands.

Cooking:

- Salmonella, E. coli, and Listeria are killed by heat, make sure you cook food completely, use a clean thermometer where you can, always check thickest part of the meat, poultry, fish and seafood.
- For hamburgers thermometer should be inserted in the side of it all the way to the middle.
- Fruit or vegetables, make sure you cut any bruised or damaged areas, bacteria can thrive in these areas.
- DO NOT cross contaminate, don't allow uncooked foods come into contact with cooked.
- Hot foods should be at or above 60 degrees Celsius, bacteria grows quickly in the danger zone between 4 degrees and 60 degrees.

Leftovers:

- All leftover food should be refrigerated or freeze within 2 hours to minimize bacteria growth.
- If storing cut and debone meat from large cooked birds.
- Don't overstock a refrigerator, cool air needs to circulate.
- Leftovers should be used within 2 to 4 days.
- Reheating leftovers, make sure it's cooked to temperature of 74 degrees Celsius.
- Don't reheat leftovers more than once.

