

FOOD SAFETY

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

HANDLE PERISHABLE FOODS SAFELY

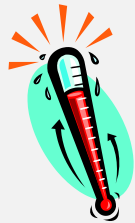
Perishable foods must be stored at controlled temperatures. In addition, foods must be protected from contamination. Please follow these recommendations:

AVOID THE DANGER ZONE!

THE DANGER ZONE

Cold foods need to be stored at or below **4° C (40° F)**.

Hot foods need to be stored at or above **60° C (140° F)**.



Do not store any perishable foods in the **danger zone** between **4° C** and **60° C**, where bacteria can grow.

- ▶ Keep raw meats and poultry away from other foods during storage and preparation.
- ▶ Keep separate cutting boards for raw meats and vegetables to avoid cross-contamination. Keep foods covered.

- ▶ Make sure the refrigerator is set at 4° C (40° F), and keep the freezer at -18° C (0° F).
- ▶ Serve foods right away so they do not linger at room temperatures where bacteria can grow.
- ▶ 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

Frozen foods can be safely thawed in the following ways:

- ▶ in a refrigerator
- ▶ under cold running water
- ▶ in cold water that is changed often enough to keep it cold
- ▶ in a microwave oven

DO NOT THAW FOOD AT ROOM TEMPERATURE!

THOROUGHLY COOK FOOD

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

Food should be thawed before cooking, to ensure that it is cooked throughout.

Internal Temperature Needs

Cook foods to the following **internal** temperatures to kill bacteria (check it with a thermometer):

Food Type	Temperature
Food Mixtures containing Poultry, Eggs, Meat, Fish or other potentially hazardous foods	74° C (165° F) for at least 10 minutes.
Pork, Lamb, Veal, Beef	70° C (158° F)
Poultry	85° C (185° F) for 15 seconds
Ground Meat	71° C (160° F)
Eggs	63° C (145° F) for 15 seconds
Fish	70° C (158° F)



SANITIZE FOOD CONTACT SURFACES

Sanitize countertops, cutting boards and utensils with a mild bleach and water solution. **Remember:** clean first, then sanitize!

Recommended Sanitizing Solution:
30 mL (1 oz.) of bleach in 4 L
(1 gallon) of warm water.

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 a hot food item 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.

Obtain food from licenced food premises.

PERSONAL HYGIENE

People preparing meals must adhere to good personal hygiene practices to prevent contamination of food and reduce the likelihood of foodborne illness.



HANDWASHING

Seven Steps to Handwashing

1. Remove jewelry (rings and watches)
2. Wet hands with warm running water
3. Apply liquid soap from dispenser
4. Scrub for at least 20 seconds
5. Rinse well under running water (keep hands lower than elbows when rinsing, to let dirty water run off)
6. Dry thoroughly with paper towels
7. Use paper towel to turn off tap

Food handlers should wash their hands with warm soapy water before:

- ▶ setting tables
- ▶ preparing or serving food

and after:

- ▶ using the toilet
- ▶ smoking
- ▶ handling raw food
- ▶ cleaning & wiping tables
- ▶ sneezing and coughing

**WASH YOUR HANDS
FREQUENTLY !**

OTHER PERSONAL HYGIENE TIPS

Use disposable tissues instead of handkerchiefs.

Direct coughs and sneezes downward onto a dry surface where there is no chance of food contact; or, turn your head and cough/sneeze into your sleeve.

Use two utensils to taste test. One is used to obtain the food. The food should then be transferred to a second utensil which is used for tasting.

Cover open cuts/sores with a water resistant dressing and gloves when handling food.

Do not wear jewellery (rings and watches) when preparing food. They collect dirt and are difficult to keep clean.

Keep hair clean and wear a hair covering.

Wear clean comfortable clothing.

Do not lick fingers, bite fingernails (you should keep fingernails well trimmed), smoke or smoothe beards & moustaches while preparing food.

Do not prepare food if you are suffering from a disease which may be transmitted through food.



FOR MORE INFORMATION

If you have any questions about food preparation and personal hygiene practices, please do not hesitate to contact an Environmental Health Officer, at the Government Service Centre, or the regional Health and Community Services Board nearest you.

Government Service Centre Locations:

Happy Valley - Goose Bay
Corner Brook
Grand Falls - Windsor
Gander
Clarenville
Harbour Grace
St. John's

Regional Health & Community Services Board Locations:

St. John's
Holyrood
Gander
Corner Brook
St. Anthony
Happy Valley - Goose Bay



Department of Health and Community Services
Health and Community Services Boards
Department of Government Services and Lands

FIGHT BAC! Images From:
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FOOD SAFETY IS EVERYONE'S RESPONSIBILITY



DON'T BE THE CAUSE OF FOODBORNE ILLNESS!



GOVERNMENT OF
NEWFOUNDLAND AND LABRADOR