



Newfoundland and Labrador Agriculture Industry

Food Safety Overview

Food Safety is an important aspect of the agriculture industry in Newfoundland and Labrador. The primary goal of food safety is the reduction or elimination of food safety hazards in primary and secondary processed agricultural products. This, in turn, creates a safe product for consumers and results in a significant reduction in outbreaks of food borne illnesses. It also creates consumer confidence in the production of safe food for our province.

The food safety awareness program delivered by the Department of Fisheries, Forestry and Agrifoods encompasses such things as developing, coordinating and delivering training and materials to educate primary and secondary producers in applicable food safety systems. These systems include CanadaGAP®, HACCP and the Canadian On Farm Food Safety Programs for various commodities.

Food safety training is available to agrifood producers in the province and includes personal hygiene training, hazard awareness training and on-site practical training.

Food safety is not only important in the foods we purchase but also important in our own kitchens.

Important Food Safety Rules :

CLEAN: Wash hands and surfaces often. Bacteria can

spread throughout the kitchen and contaminate such things as hands, cutting boards, utensils and counter tops. Cleaning often can help reduce the risk. Always wash hands for at least 20 seconds with soap and warm, running water before and after handling food. See reverse for hand washing tips.

SEPARATE: Cross contamination happens when harmful bacteria spread to other areas. Use one cutting board for fresh fruits and vegetables and another cutting board for raw fish, meat and poultry.

COOK: It is important to use a food thermometer to determine if the proper internal temperature of a food has been reached. It is difficult to determine this just by observation. Make sure that meat, poultry, egg dishes, casseroles and other foods and leftovers are cooked to the proper internal temperatures as seen on the temperature chart (on reverse).

CHILL: Bacteria multiply fastest at temperatures between 4°C (40°F) and 60°C (140°F). This is called the Temperature Danger Zone. Chilling foods effectively and quickly is an important step in reducing the risk of food borne illnesses. Chill leftovers and take out foods within two hours. Keep the fridge at 4°C (40°F) or lower and use an appliance thermometer to check the temperature.

HAND WASHING:

Did you know hand washing takes at least 20 seconds to be effective? It is one of the most important steps when controlling hazards when handling food.

PROCEDURE:

- Wet hands with running water-warm or cold.
- Apply soap; lather well.
- Rub together vigorously for at least 20 seconds. Scrub palms, back of hands, wrists, in between fingers and fingernails.
- Rinse.
- Dry hands completely with a clean towel, disposable towel or air dryer. Wet/damp hands can spread bacteria faster than dry hands so it's important to dry thoroughly.
- If possible, use towel or elbow to turn off faucet.

Safe Cooking Temperatures

You can't tell by looking...
Use a thermometer to be sure.

Source: Health Canada

Food Type	Internal Temperature
Ground Meat and Meat Mixtures	
Beef, Pork, Veal, Lamb	71°C (160°F)
Turkey, Chicken	74°C (165°F)
Fresh Beef, Veal, Lamb	
Medium Rare	63°C (145°F)
Medium	71°C (160°F)
Well Done	77°C (170°F)
Poultry	
Chicken, Turkey, Duck, Goose whole	82°C (180°F)
Poultry Parts	
Stuffing (cooled alone or in bird)	74°C (165°F)
	74°C (165°F)
Pork-ham, ribs, pork loin	
Pieces and whole cuts	71°C (160°F)
Egg and Egg Dishes	
Egg dishes and casseroles	74°C (165°F)
Seafood	
Fin fish	70°C (158°F)
	flesh is opaque
Shrimp, Lobster and Crabs	74°C (165°F)
	flesh is pearly and opaque
Clams, Oysters and Mussels	shells open during cooking (discard if they do not open)
Scallops	milky white or opaque and firm
Leftovers and Casseroles	74°C (165°F)

For more information please contact:

Leona Raymond-Food Safety Quality Coordinator-West Coast

709-637-2072

Melissa Ford-Food Safety Quality Coordinator-East Coast

709-729-1012