

Food Safety For Homes and Restaurants

Safe food handling, whether it be in the home or a restaurant, is based on some basic principles. By using the four basic principles of the FightBAC!® campaign you can fight foodborne bacteria and reduce the risk of foodborne illness.

Separate/Storage

- Keep raw meats and poultry below/separate from cooked/ ready to eat foods during storage and preparation. Keep separate cutting boards for raw meats and vegetables. Always keep foods covered.
- Use hazardous foods first or as soon as possible.
- Click on the following link to see a recommended storage chart for refrigerated and frozen products
<http://www.health.gov.on.ca/en/public/programs/publichealth/foodsafety/chill.aspx>
- For more information on separation click <http://befoodsafe.ca/wp-content/uploads/2013/08/separate.pdf>

Cooking

- Cook food thoroughly - cooking times and temperatures vary for different meats and poultry. Click the following link for proper internal cooking temperatures
<http://www.health.gov.on.ca/en/public/programs/publichealth/foodsafety/cook.aspx#4>
- Use a meat thermometer, inserted into the thickest part of the food to check proper temperature has been achieved.
- Prepare foods quickly, and serve immediately so foods don't linger at temperatures where bacteria can grow quickly enough to make you sick. The danger zone is between 4°C (40°F) and 60°C (140°F).
- For more information on cooking click on <http://befoodsafe.ca/wp-content/uploads/2013/08/cook.pdf>

Clean

- Wash hands, utensils and surfaces with hot soapy water before, during and after preparing foods. Sanitize countertops, cutting boards and utensils with a mild bleach and water solution.
- Wash all produce thoroughly before eating or cooking.
- For more information on cleaning click <http://befoodsafe.ca/wp-content/uploads/2013/08/clean.pdf>

Chill

- Refrigerate or freeze perishables, prepared food and leftovers within two hours. Make sure the refrigerator is set at a temperature of 4°C (40°F) or below, and keep the freezer at -18°C (0°F) or below.
- For more information on chilling click on <http://befoodsafe.ca/wp-content/uploads/2013/08/chill.pdf>

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