

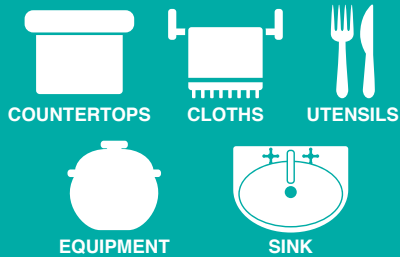
HELP YOUR FAMILY EAT SAFE

MANY CASES OF FOOD POISONING HAPPEN AT HOME. FOLLOW THE 4 FOOD SAFETY STEPS!

CLEAN



KEEP YOUR



CLEAN

SEPARATE

KEEP RAW



AWAY FROM OTHER FOOD



USE SEPARATE CUTTING BOARDS



COOK

COOK FOOD TO THE RIGHT TEMPERATURE

BEEF	60-74°C (140-165°F)	LAMB	71°C (160°F)
PORK	71°C (160°F)	WHOLE CHICKEN	82°C (180°F)
CHICKEN BREASTS	74°C (165°F)	SEAFOOD	70°C (158°F)

SERVE FOOD WHILE IT'S HOT



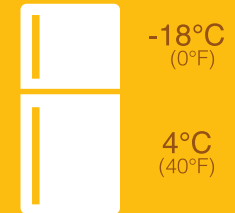
over
60°C
(140°F)

CHILL

BUY COLD FOOD LAST AND GET IT HOME FAST



KEEP COLD FOOD COLD



DON'T LEAVE
FOOD OUT
LONGER THAN



WHEN IN DOUBT, THROW IT OUT!

ONTARIO.CA/SAFEFOODFACTS