

1. Clean.

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives and countertops. Frequent cleaning can prevent that from happening.



- Wash your hands with warm water and soap for 20 seconds before and after handling food.
- Wash cutting boards, dishes, utensils and countertops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under cool running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under cool running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

2. Separate.

Cross-contamination is how harmful bacteria spread. Keep raw meat, poultry, seafood and their juices separate from foods that won't be cooked.



- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Never place cooked food on an unwashed plate that previously held raw meat, poultry, seafood or eggs.

3. Cook.

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.



- Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, casseroles and other foods and leftovers are cooked to the internal temperatures shown in the chart.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Colour is not a reliable indicator of doneness.
- Bring sauces, soups and gravy to a boil when reheating.

4. Chill.

Bacteria multiply fastest at temperatures between 4°C (40°F) and 60°C (140°F), so chilling food properly is one of the most effective ways to reduce the risk of illness.



- Chill leftovers and takeout foods within 2 hours. Keep the fridge at 4°C (40°F) or below and use an appliance thermometer to check the temperature.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in the microwave should be cooked immediately.

SAFE COOKING TEMPERATURES

You can't tell by looking...
use a food thermometer to be sure!

Internal temperature	
Ground Meat & 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, whole	85°C (185°F)
Poultry parts	74°C (165°F)
Duck & Goose	74°C (165°F)
Stuffing (cooked alone or in bird)	74°C (165°F)
Fresh Pork	
Medium	71°C (160°F)
Ham	
Fresh (raw)	71°C (160°F)
Pre-cooked (to reheat)	74°C (165°F)
Eggs & Egg Dishes	
Egg dishes and casseroles	74°C (165°F)
Seafood	
Fin Fish	70°C (158°F)
	For one minute. Flesh is opaque
Shrimp, Lobster & Crabs	74°C (165°F)
	Flesh is pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
Leftovers & Casseroles	74°C (165°F)

Cooking temperatures provided by Health Canada