

Actsafes Safety Bulletin #32b

FOOD HANDLING - ADDENDUM B



FOOD SAFETY

Ministry of Health – Health File # 59 - Ten Easy Steps to Make Food Safe

Serious cases of food poisoning can result in prolonged sickness and even death. All of these illnesses and deaths can be prevented by following ten simple safety rules:

1. COOL IT!

- a. Don't leave food to cool on the counter for longer than 2 hours.
- b. If you're going to save cooked foods, separate large items, such as roasts or soups, into portions no more than 3 inches thick and place in the refrigerator or freezer within 2 hours.

2. REHEAT PROPERLY

- a. Food should reach at least 74° C (165° F) when re-heated.
- b. Make sure this temperature is reached by using a meat thermometer.
- c. Do not reheat your leftovers more than once!

3. MICROWAVE COOK CORRECTLY

- a. Microwaved foods need to be heated at least 14° C (25° F) higher than that recommended for conventional heating.
- b. Microwaved foods need to be covered, stirred or rotated at least once midway through cooking to improve heat distribution.
- c. Food reheated in microwave ovens should reach 88° C (190° F) and be allowed to stand covered for two minutes after heating.

4. AVOID THE DANGER ZONE!

- a. Potentially hazardous foods (e.g., meat, poultry, dairy products, eggs) must be kept hotter than 60° C (140° F) or colder than 4° C (40° F).
- b. Don't leave food to thaw on the counter. Always defrost foods in the refrigerator, under cold running water, or in the microwave.

5. PROTECT FOODS

- a. Wrap raw meats at the store so they don't drip on your other foods.
- b. Transport and refrigerate perishable food as quickly as possible to limit the growth time for harmful bacteria.

6. WASH HANDS

- a. Proper handwashing practices are essential after using the washroom, before putting anything in your mouth, and before handling food, particularly ready-to-eat food.
- b. Handwashing includes vigorous rubbing of soaped hands for at least 20 seconds with particular attention to the areas under the finger-nails and between the fingers.

7. WASH AND SANITIZE FOOD CONTACT SURFACES

- a. Cutting boards, plates, and utensils must always be washed and sanitized immediately before ready-to-eat foods are placed on them.
- b. Dishcloths must be well washed and sanitized between uses.
- c. Make a sanitizing solution by mixing 1/2 ounce (1 tablespoon) of 6% household bleach into one gallon of water, or a teaspoon of 6% bleach into a litre of water.



8. WASH FRESH FRUIT AND VEGETABLES

- a. Always wash fresh fruits and vegetables thoroughly.
- b. Pay particular attention to fruits and vegetables that will be served raw, and fruits that do not have their peel removed before eating.
- c. Contamination on the outside of rind fruits (like watermelon, cantaloupe, and honeydew melon) can be transferred to the inside of cut fruit by the cutting knife.
- d. Refrigeration of melons after cutting is highly recommended.

9. EXCLUDE SICK PEOPLE

Any person who has symptoms of diarrhea or vomiting, or has infected cuts or sores, should not be allowed to handle food in any way.

10. IF IN DOUBT, THROW IT OUT!

Don't take chances with your food. If in doubt, throw it out!