

FOUR Steps to Food Safety at Home



CLEAN

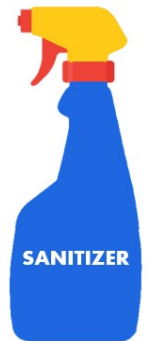
Wash hands and surfaces often

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating...especially after handling raw meat, fish, poultry (including game birds), and eggs.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- If you rinse poultry or fish in your kitchen sink, you should clean the sink, counter, and taps with soap and water and then sanitize them using a bleach solution.
 - Rinsing of poultry, especially turkeys, is not recommended as the rinse water will splash outside of the sink, spreading germs from the bird to the counter and taps.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that you do not eat.
 - If your water system is under a Boil Water Advisory, you should bring the water to a boil for one minute, cool it and keep in a clean container in your fridge for drinking and the washing of fruits and vegetables.
- Clean the lids of a cans before opening.



Need to Sanitize?

- Cutting boards, sinks, utensils, and counters must be clean before being sanitized.
- Then wet with a bleach solution (1/4 teaspoon of unscented household bleach to 2 cups of water) using either a clean cloth or a spray bottle.
- Leave wet with the bleach solution for two minutes.
- Then wipe away excess with a clean cloth or a paper towel.



SEPARATE

Keep raw meat, fish, birds and eggs away from other foods



- Raw meat, fish, poultry, and eggs can spread germs to other foods.
- Keep them separate from other foods in your grocery cart, grocery bags, and refrigerator.
- Use separate cutting boards for bread, vegetables, fruits and for raw meat, fish, and poultry.
- Never place cooked food on a plate that previously held raw meat, fish, poultry, or eggs unless the plate was washed in hot, soapy water.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.



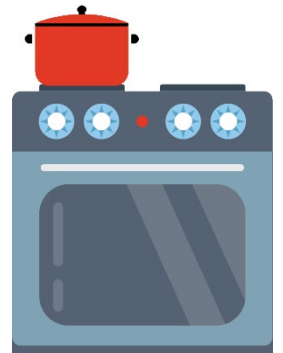
FOUR Steps To Food Safety in the Home



COOK

Cook to the right temperature

- Food is cooked when the internal temperature gets high enough to kill germs that can make you sick.
- The only way to tell if food is cooked is to use a food thermometer. You cannot tell if food is safe by checking its color and texture. You can find the recommended internal temperatures on the attached **Temperature Chart: Is it Cooked?**
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.
- Bring sauces, soups, and gravy to a boil when reheating.



CHILL

Refrigerate or freeze foods promptly



- Keep your refrigerator in the 1 - 4°C range.
- Keep your freezer at -18°C or colder.
- Keep a thermometer in your fridge.
- Refrigerate or freeze meat, fish, poultry, eggs, and other perishables within 2 hours of cooking or purchasing—sooner when the outside temperature is 30°C or higher.
- Never thaw food at room temperature, such as on the countertop. Germs can multiply quickly in the parts of the food that reach room temperature.
- There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave.
- Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Check out the **CHILL OUT – Refrigerator & Freezer Storage Times** included in this document.

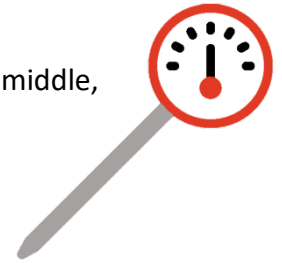


Temperature Chart: Is it Cooked?

Cook food to its correct internal temperature. Check with a digital or probe food thermometer to get it just right.

Using a food thermometer

- Insert the thermometer through the thickest part of the meat, all the way to the middle, not touching any bone.
- For burgers, insert food thermometer through the side of the patty.
- Check each piece separately if you have more than one piece.
- Use a digital thermometer for more accurate readings.



Category	Temperature
BEEF, VEAL AND LAMB	
Ground meat (burgers, meatballs, sausages)	71°C (160°F)
Pieces and whole cuts	medium-rare 63°C (145°F) medium 71°C (160°F) well done 77°C (170°F)
Mechanically tenderized beef and veal (turn mechanically tenderized steak over at least twice during cooking)	63°C (145°F)
PORK (ham, pork loin, ribs)	
Ground pork (burgers, meatballs, sausages)	71°C (160°F)
Pieces and whole cuts	71°C (160°F)
POULTRY (chicken, turkey, duck, goose)	
Ground poultry (burgers, meatballs, sausages)	74°C (165°F)
Frozen raw breaded chicken products (nuggets, fingers, strips, burgers)	74°C (165°F)
Pieces (wings, breasts, legs, thighs)	74°C (165°F)
Stuffing (cooked alone or in bird)	74°C (165°F)
Whole	82°C (180°F)
EGGS	
Egg dishes	74°C (165°F)

Category	Temperature
SEAFOOD	
Fish	70°C (158°F)
Shellfish (shrimp, lobster, crab, scallops, clams, mussels, oysters)	74°C (165°F) Discard any that do not open when cooked
LEFTOVERS	
Leftovers	74°C (165°F)
HOT DOGS	
Hot dogs	74°C (165°F)
GAME MEATS	
Ground meat, meat mixtures, ground venison and sausage	74°C (165°F)
Deer, elk, moose, caribou/reindeer, antelope, and pronghorn	74°C (165°F)
Large game (Bear, bison, etc.)	74°C (165°F)
Small game (Rabbit, muskrat, beaver, etc.)	74°C (165°F)
GAME BIRDS (wild turkey, duck, goose, partridge, grouse, and pheasant)	
Whole	82°C (180°F)
Breasts and roasts	74°C (165°F)
Thighs, wings	74°C (165°F)
Stuffing (cooked alone or in bird)	74°C (165°F)

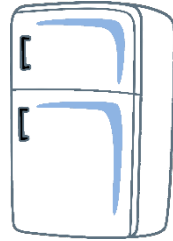
❄️ CHILL OUT

❄️ Refrigerator & Freezer Storage Times

The following are recommended food storage times. Please note:

- Refrigerator times are for safety, and
- Freezer times are for quality.

(If the food in your freezer is properly wrapped, the quality may be maintained for longer periods of time.)



Proper Temperatures

Refrigerator: 1 - 4°C (34 - 40°F)

Freezer: -18°C (0°F) or lower

FRESH MEAT	REFRIGERATOR	FREEZER
Beef/Wild Game	2-4 days	10 - 12 months
Pork	2-4 days	8 - 12 months
Lamb	2-4 days	8 - 12 months
Veal	3-4 days	8 - 12 months
Ground meat (including game)	1-2 days	2 - 3 months
POULTRY		
Chicken/Turkey/Game - whole	2-3 days	1 Year
Chicken/Turkey/Game - pieces	2-3 days	6 months
FRESH FISH		
Lean fish - cod, flounder etc.	3-4 days	6 months
Fatty fish - salmon etc.	3-4 days	2 months
Shellfish - clams, crab, lobster etc.	12-24 hours	2-4 months
Scallops, shrimp, cooked shellfish	1-2 days	2-4 months
HAM		
Canned ham	6-9 months	Don't freeze
Cooked ham	3-4 days	2-3 months
BACON & SAUSAGE		
Bacon	1 week	1 month
Raw sausage	1-2 days	1-2 months
Pre-cooked sausage links or patties	1 week	1-2 months
Un-opened hotdogs	2 weeks	1-2 months
HOT DOGS & LUNCH MEATS		
Opened hotdogs	1 week	1-2 months
Un-opened lunch meat	2 weeks	1-2 months
Opened lunch meat	3-5 days	1-2 months
DELI FOODS		
Deli packaged lunch meat	3-4 days	2-3 months
Deli or homemade salads	3-5 days	Don't freeze
TV DINNERS		
Keep frozen until ready to cook	Not applicable	3-4 months

LEFTOVERS	REFRIGERATOR	FREEZER
Cooked meat, stews, egg or vegetable dishes	3-4 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Meat broth and gravy	3-4 days	4-6 months
Soups	2-3 days	4 months
EGGS		
Fresh in shell	3-4 weeks	Don't freeze
Fresh out of shell	2-4 days	4 months
Hard-cooked	1 week	Doesn't freeze well
Egg substitutes un-opened	10 days	1 year
Egg substitutes opened	3 days	Don't freeze
DAIRY		
Un-opened milk	Best before date	6 weeks
Opened milk	3 days	Don't freeze
Un-opened cottage cheese	Best before date	Doesn't freeze well
Opened cottage cheese	3 days	Don't freeze
Un-opened yogurt	Best before date	1-2 months
Opened yogurt	3 days	Don't freeze
Soft cheese	1 week	Doesn't freeze well
Semi-soft cheese	2-3 weeks	8 weeks
Firm cheese	5 weeks	3 months
Hard cheese	10 months	1 year
Processed cheese	5 months	3 months
Un-opened salted butter	8 weeks	1 year
Un-opened unsalted butter	8 weeks	3 months
Opened butter	3 weeks	Don't freeze
COMMERCIAL MAYONNAISE		
After opening	2 months	Don't freeze
VEGETABLES		
Beans green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Leaf lettuce	3-7 days	Don't freeze
Iceberg lettuce	1-2 weeks	Don't freeze
Spinach	2-4 weeks	10-12 months
Summer squash	1 week	10-12 months
Winter squash	2 weeks	10-12 months
Tomatoes	Don't refrigerate	2 months

Adapted from FHQTC. (February 28, 2022)