



CANADIAN PARTNERSHIP
FOR FOOD SAFETY
AND INSPECTION AGENCY

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BE FOOD SAFE

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NEWS

4 SIMPLE STEPS. CLEAN, SEPARATE, COOK, CHILL

4 Simple Steps.
Clean, Separate,
Cook, Chill



Clean - wash hands & surfaces often

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening. Always wash hands with warm water and soap for 20 seconds before and after handling food.



Separate - don't cross contaminate

Cross-contamination is how harmful bacteria spread. Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.



Cook - cook to safe temperature

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 temperature shown in our cooking chart.



Chill - refrigerate promptly

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 food borne 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.

Food
Safety Tip

Cooking food to safe
internal temperatures
destroys harmful

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