



Your Well-being, Our Priority.

SOME FOOD SAFETY TIPS TO PREVENT SALMONELLA INFECTION

One cannot smell or see *Salmonella* in or on food; therefore it's very important to ensure safe food practices at home:

- Simply follow the CLEAN, SEPARATE, COOK, and CHILL principle. When it comes to *Salmonella*, this means:

CLEAN: Wash Hands and Surfaces Often

- Wash hands with warm soapy water for 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash utensils, cutting boards, dishes, and countertops with hot soapy water after preparing each food item and before you go on to the next item.
- Consider using paper towels to clean kitchen surfaces. If you use cloth towels, wash them often with hot water.

SEPARATE: Don't Cross-contaminate

- Separate raw meat, poultry, and seafood from other foods in your grocery shopping bag/cart and in your refrigerator.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Always wash cutting boards, dishes, countertops, and utensils with hot soapy water after they come in contact with raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, or seafood.

COOK: Cook to Safe Temperatures

- Ensure that the internal temperature of meat, poultry, casseroles, and other foods have reached a safe minimum internal temperature of 60°C or above: The only way to know this internal temperature of food is by using a food thermometer which must be clean before use.
- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 60°C or above as measured with a food thermometer before removing meat from the heat source. For safety and

quality, allow meat to rest for at least three minutes before carving, serving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

- Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 70°C or above as measured with a food thermometer.
- Stuffed poultry is not recommended. Cook stuffing separately to 60°C.
- Egg dishes, casseroles to 70°C or above.
- Fish should reach 60°C as measured with a food thermometer.
- Bring sauces, soups, and gravy to a boil when reheating.
- Reheat other leftovers thoroughly to at least 70°C or above.

CHILL: Refrigerate Promptly

- Keep food safe at home, refrigerate promptly and properly. Refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours
- Freezers should register -18°C or below and refrigerators 4°C or below.
- Thaw food in the refrigerator, in cold or running water, or in the microwave. Foods should not be thawed at room temperature. Foods thawed in the microwave or in cold water must be cooked to a safe minimum internal temperature immediately after thawing.
- Marinate foods in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.

SOME DOS AND DON'TS

- Avoid unpasteurized dairy products (including soft cheeses) and juices.
- Make sure shellfish are cooked before eating.
- Report suspected food poisoning to the nearest hospital.
- Never prepare food for others if you have diarrhea or vomiting.
- Avoid eating high-risk foods, including raw or lightly cooked eggs, undercooked ground beef or poultry, and unpasteurized milk
- Keep food properly refrigerated before cooking.
- Clean hands with soap and warm water before handling food. Clean surfaces before preparing food on them.
- Separate cooked foods from ready-to-eat foods. Do not use utensils on cooked foods that were previously used on raw foods and do not place cooked foods on plates where raw foods once were unless it has been cleaned thoroughly.
- Cook foods to a safe internal temperature. Use a meat thermometer to make sure foods are cooked to a safe temperature.
- Chill foods promptly after serving and when transporting from one place to another.
- Wash your hand after contact with animals, their food or treats, or their living environment.

ALWAYS REMEMBER, YOU ARE WHAT YOU EAT, SO LET'S MAKE FOOD SAFETY OUR LIFESTYLE AND COLLECTIVE RESPONSIBILITY.