



# 4 safe food handling practices checklist



## Clean Do you ...

- have soap and paper towels or clean hand towels at each sink at home?
- wash your hands with warm water and soap for 20 seconds before and after handling food, using the bathroom, playing with your pets, etc.?
- use a clean produce scrub brush and cool running water to wash your fruits and vegetables?
- wash your cutting boards, dishes, utensils and countertops with hot soapy water before and after preparing each food item?
- clean your reusable grocery bags and bins often?



## Cook Do you ...

- use a food thermometer to check that your food is cooked to safe temperatures?
- read and follow the manufacturer's directions for your food thermometer?
- know that your food is safely cooked/reheated when it reaches an internal temperature high enough to kill harmful bacteria that cause foodborne illness?
- have an "Internal Cooking Temperatures" chart to tell when your food is safely cooked? (available at [www.befoodsafe.ca/en-temperature.asp](http://www.befoodsafe.ca/en-temperature.asp))



## Separate Do you ...

- place raw meat, poultry and seafood in separate plastic bags in your grocery cart, then place them in separate bags or bins when you take them home?
- store raw meat, poultry and seafood in containers on the lowest shelf of your refrigerator to prevent raw juices from dripping onto other food?
- use one cutting board for your raw meat, poultry and seafood and another for your ready-to-eat food?
- change or wash the plate you used for raw meat before you put cooked meat on it?



## Chill Do you ...

- keep your fridge set at 4°C (40°F) and your freezer at -18°C (0°F) and check them by using an appliance thermometer?
- thaw your food in the fridge, or under cold running water, or in the microwave, then use it right away?
- marinate your food in the fridge?
- chill your leftover food quickly, place it in shallow covered containers, in the fridge, within 2 hours of cooking?

