



Holiday Food Safety Basics

December 2013

Contents

- Introduction
- Temperature Danger Zone
- Foodhandlers
- Environment
- Sanitizing
- Shopping and Storing
- Thawing
- Preparing
- Stuffing
- Cooking
- Cooling
- Leftovers

Introduction

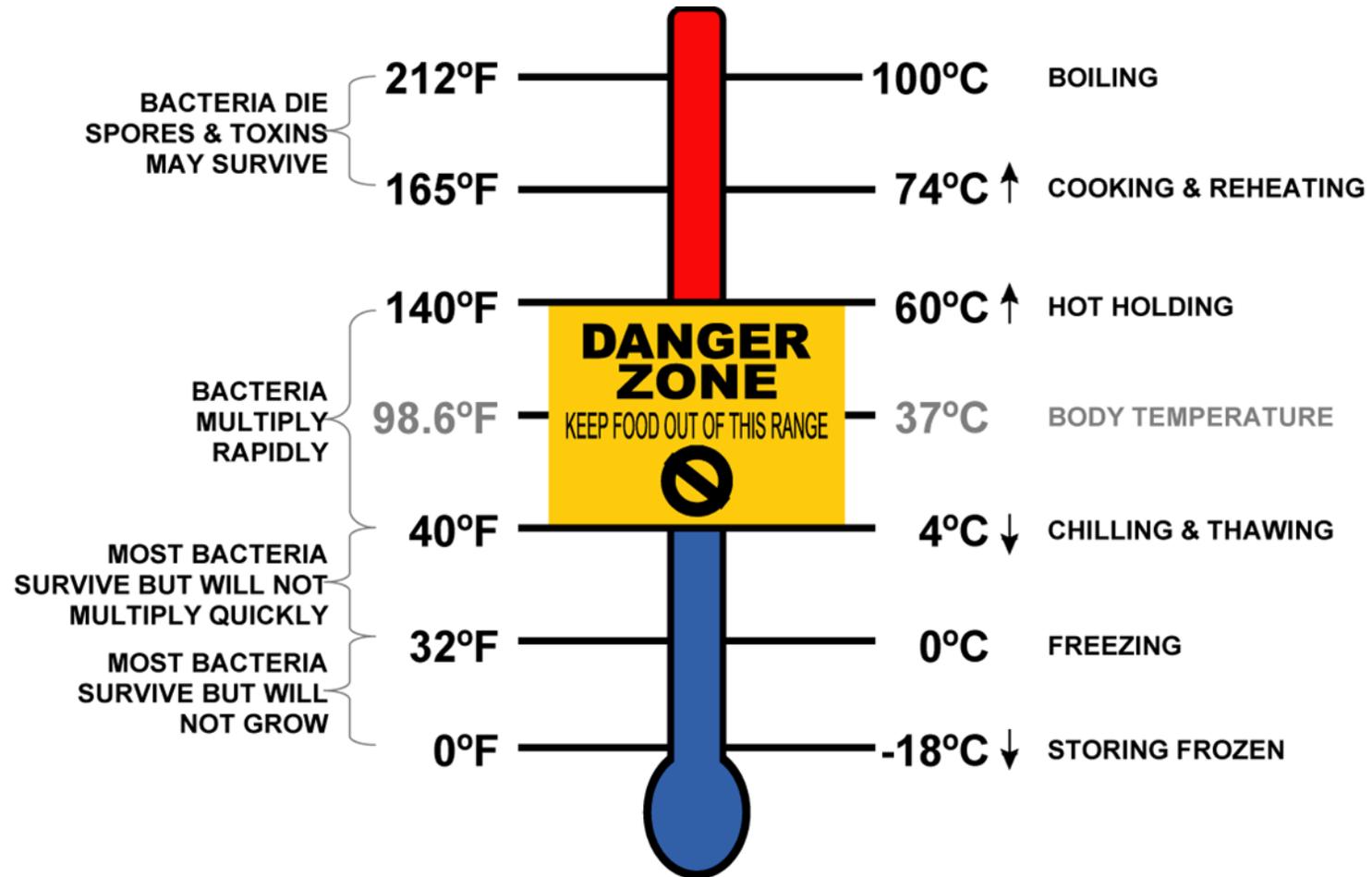
- Every year thousands of Canadians become ill from foodborne illness
- Most foodborne illnesses go unreported
- The majority of foodborne illness are a result homemade meals
- Poultry is often the cause of foodborne illness
- You can protect your friends and family by using good food handling techniques

Examples of Foodborne Illness

- Salmonella
- Campylobacter
- E. Coli
- Giardia
- Cryptosporidium
- Clostridium Botulinum
- Listeria
- Shigella
- Clostridium perfringens

Bacteria multiply every 20 minutes given the right conditions.

Temperature Danger Zone



Foodhandlers

- Think you have a foodborne illness?
 - Do not prepare food for others
 - See your doctor
- Suffering from abdominal pain, diarrhea, nausea, vomiting, fever, and/or cough?
 - Do not prepare food
- Infected cuts or wounds (hand or lower arm)...
 - Avoid helping in the kitchen or cover it with a bandage and wear disposable gloves
 - REMEMBER gloves become contaminated too
- If you feel healthy...
 - Practice good hand hygiene and avoid touching your hair and face while cooking

Environment

- Keep items such as purses, jackets, and cell phones off of food prep surfaces
- Keep pets off of counter tops and tables
- Clean and sanitize surfaces before/after use
 - Anything that food or drink will contact
 - Counter tops, cutting boards, table tops, utensils, pots and pans, serving dishes, glassware...
- Sanitizing:
 - Reduces the amount of bacteria to safe levels
 - Before sanitizing, clean first using detergent and water

Sanitizing

- Whatever you choose, be sure to check the label and follow the directions!
- There are many products out there
 - Bleach works great in most instances
 - If used in the proper concentration you don't need to rinse
 - 1 oz bleach per 1 gallon water
- Most domestic dishwashers have a sanitize option. If not, choose the longest hottest cycle.



Disinfectant Wipes

The wipes in the picture require the surface to remain wet with the product for 10 minutes and then air dry. It also indicates that food contact surfaces should be rinsed with water after the contact and air drying time is reached.



Bleach

Shopping and Storing

- Remember to wash reusable grocery bags
- Bag similar foods together
- Put groceries away as soon as returning home
- Store cooked meats, produce, and other ready to eat items above raw meats
- Refrigerators should be 4°C or colder
- Freezers should be -18°C (0°F)

Thawing



- **Refrigerator Thawing**

- This is the recommended way to thaw foods. Turkey and other meats should be placed in a pan on the bottom of the refrigerator so that it does not leak and contaminate anything below it.
- For turkey it will take about 1 day for every 5 pounds.

- **Cold Water Thawing**

- Foods can safely be thawed by placing them in a container that will allow the food to be completely covered by the water. Run cold water in to the container, letting it run out of the container and in to the sink.
- OR changing the water every 30 minutes to keep the temperature below 4°C or 40°F
- For a turkey it will take about 30 minutes per pound.

- **Microwave**

- This is the fastest way to thaw foods but foods must be immediately cooked once they have been thawed.

- **Do Not thaw at room temperature or in Hot Water**

- This allows the food's surface to reach a temperature that bacteria grow and multiply at while the inside of the food is still frozen.

Preparing

- **Always wash your hands** before preparing foods and between different dishes (ex. meats and vegetables)
- Always clean and sanitize everything that came in contact with food and between preparing different dishes.
 - Cutting boards, knives, counters, dish rags, sink, etc.
- Prepare foods as close to mealtime as possible
 - foods that are prepared too far in advance are at a higher risk of causing foodborne illness

Stuffing

- Stuffing should be cooked separately, either on the stove top or on its own in the oven.
 - Stuffing acts as an insulator and when stuffed inside of a bird could cause both the stuffing and bird not to cook properly .
- If you must stuff your turkey, do so just before cooking and stuff it loosely.
 - Check the temperature of both the bird and the stuffing to make sure that they are properly cooked (the stuffing is in contact with the raw meat juices)
- Take all of the stuffing out of the bird immediately after cooking.



Cooking

- Cook foods to the appropriate internal temperature
 - A probe-type thermometer should be placed in the thickest part of the food to ensure that the internal temperature has been reached
- Cooking should always be done in one continual process
- Foods should be cooked as close to meal time as possible
- Some common internal cooking temperatures are:

Whole Poultry and stuffing when cooked in bird	85 °C
Pieces and ground poultry	74 °C
Beef, veal, pork, lamb and fish both pieces and ground	71 °C
Other Foods and mixed dishes (eggs, shellfish, casseroles, stuffing, gravy, etc.)	74 °C

Cooling

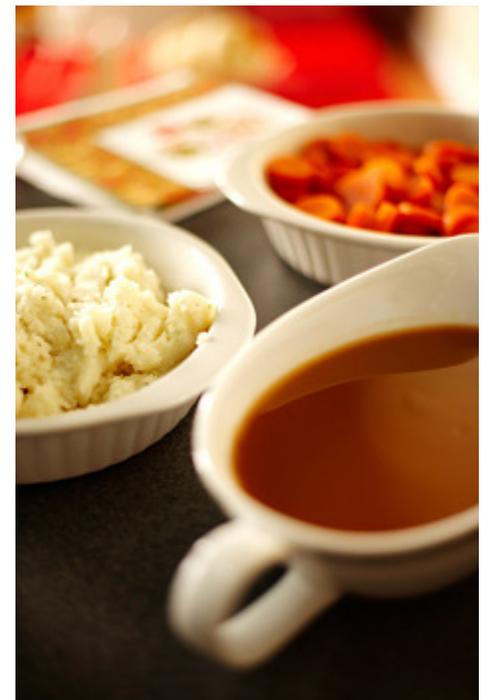
- Foods should be cooled as quickly as possible
 - Cut or divide food into smaller portions
 - Cool food in shallow pans
 - Refrigerate or freeze foods as soon as possible
 - Metal containers are better than plastic
- Do not leave foods out at room temperature longer than 2 Hours after cooking
 - leaving food out at room temperature allows harmful bacteria to grow and multiply on the food.

Leftovers

- Leftovers should be stored in covered containers away from uncooked foods in the refrigerator
- Use refrigerated leftovers as soon as possible (within two to three days)
- When reheating, leftovers should be heated to 74 °C
- Liquid foods (gravy, sauces, etc.) should be heated to a boil

Conclusion

- Foods and food contact surfaces are commonly contaminated with pathogens
- Proper temperature controls are the best way to control the growth of pathogens
- Improper cooling is the #1 cause of food poisoning



Happy Holidays

