



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)



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?

