



# FOOD SAFETY

## at home checklist



Keep your pet and outdoor items (gardening utensils and backpacks) off kitchen counters!

**What can you do at home in your kitchen to make sure the food that you put on your table is safe to eat?**



Here is a checklist to help improve food safety in your family's kitchen: Thoroughly clean everything that comes in contact with your hands or your food:

- kitchen cloths
- faucet handles
- sink drains
- counter tops
- garbage disposals
- can opener blades
- refrigerator handles
- small appliances
- cutting boards
- utensils
- inside the refrigerator
- storage containers
- pantry and so on
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### Store food properly

Store foods immediately after grocery shopping and separate raw and ready to eat food in your fridge.

Keep raw foods in the refrigerator until you are ready to start cooking.



Eat chilled leftovers within four days for best quality or freeze for later use.

Avoid overstocking the refrigerator to allow cool air to circulate freely.



Refrigerate all leftovers promptly - Always put leftovers in sealed, clean containers and never mix them with fresh food - Date leftovers to help identify the contents and ensure that they are not stored too long.

When traveling with food, use coolers, ice packs and insulated containers to maintain food temperature.

### Maintain proper food temperatures



The temperature danger zone is between 4°C and 60°C (this is optimal growth temperatures for micro-organisms to reach unsafe levels in order to cause foodborne illness).

Restrict the time that perishable foods stay in the temperature danger zone to two hours or less.



Keep your refrigerator set at 4°C or less.

Cook food to the proper internal temperature, which varies for different cuts and types of meat and poultry, and check for doneness with a food thermometer.

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**FoodSafetyAtHome.ca**

For more tips, videos and podcasts about your kitchen food safety.

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