



# FOOD SAFETY

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## Food Safety 101

### Cooking Meat - Temperature Guidelines

- A meat thermometer is the only definitive way to know that your meat is cooked properly. Many inexpensive, user-friendly models are available to suit your individual cooking needs.
- Proper use of the meat thermometer is crucial to maximize food safety. The thermometer must be inserted into the thickest part of the meat, without touching any bone or fat to get an accurate reading.
- A cold spot in food can become a hotbed for bacteria. When using a microwave oven, cover food, stir and rotate for even, thorough cooking.
- Use a meat thermometer to test the internal temperature of meat and poultry.

The following charts provide a handy reference for cooking meat to safe temperatures - General, Chicken and Pork

### Temperature Rules for Safe Meat Doneness (Canadian Industry Standards)

Ground pork	160°F (70°C)
Ground chicken / turkey	175°F (80°C)
Pork chops / roasts / fresh cured ham	160°F (71°C)
"Ham (fully cooked, ready-to-eat)"	"Cold, or 140°F (60°C)"
Whole turkey (stuffed) or chicken (stuffed or not)	180°F (82°C)
Chicken or turkey pieces	170°F (77°C)

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## Food Safety 101

### Cooking Chicken

Chicken is a tasty and popular meal choice. Use this chart as a guide to cooking perfect chicken entrées:

#### Temperature and Cooking Times for Chicken

Ground Pork	Internal Temperature (°C)	Internal Temperature (°F)	Approximate Roasting Time (350°F)	Approximate Grilling Time
Leg quarters, bone in, 113-225g.	77°C	170°F	40-50 minutes	10-15 minutes per side
Thigh, bone in, 140-198g.	77°C	170°F	30-40 minutes	10-15 minutes per side
Thigh, boneless, 85g.	77°C	170°F	20-30 minutes	6-8 minutes per side
Breast, bone in, 170-225g.	77°C	170°F	30-40 minutes	10-15 minutes per side
Breast, boneless, 113g.	77°C	170°F	20-30 minutes	6-8 minutes per side
Whole chicken, 1.4-2.3Kg. broiler	82°C	180°F	1 ¼ - 1 ½ hours	1 ½ - 2 ½ hours on revolving spit
Whole chicken, 2.7-3.6Kg. roaster	82°C	180°F	1 ½ - 2 ¼ hours	
Ground chicken, 170g patty	80°C	175°F	20-30 minutes	10-15 minutes per side

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## Food Safety 101

### Cooking Pork

Pork is a versatile option for mealtime. Be sure to match the right cut of meat with your favourite method of preparation. This chart is a good guide to help you do just that:

#### Temperature and Cooking Times for Pork

<b>MOIST HEAT</b> - Covered with added liquid - Low heat or in the oven at 325°F (160°C) for approximately 30-35 - minutes per pound (per 0.5 kg)		<b>DRY HEAT</b> - Uncovered with NO added liquid				
Braising/ Pot Roasting	Stewing	Roasting	Stir Frying	BBQing	Broiling/ Grilling	Sautéing
Large Cuts	Smaller portions or pieces	Large Cuts	Smaller portions or pieces	Steaks, Chops, Ribs, Roasts	Smaller portions or pieces	Smaller portions or pieces
Roasts Loin or shoulder steaks/ chops Sirloin tip roast Side, back or country-style ribs Cubes Strips Leg Cutlets	Cubes Strips Side, back or country-style ribs Shoulder chops/ steaks	Leg or loin roasts Crown roast Rack of pork Tenderloin Sirloin tip roast	Strips Cubes Ground pork	Side, back or country style ribs Loin roasts Ground burgers Sirloin tip roast Sausages Rack of pork Chops/ steaks	Steaks Side or back ribs Chops/ Steaks Ground burgers	Chops Steaks Tenderloin Sausage Leg cutlets Cubes Ground burgers

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