

Food Safety Tips

CLEAN

Always wash your hands, utensils and cooking surfaces with soap and hot water before and during food handling. Sanitize countertops, cutting boards and utensils with a mild bleach and water solution. Wash fruit and veggies before eating or cooking.



SEPARATE

Keep certain foods, like meats and their juices, separated from others during storage and preparation. Keep separate cutting boards for raw meats and vegetables.



COOK

Prepare foods quickly, cook thoroughly, and serve immediately. If food is left out, bacteria can grow. The danger zone is between 4°C (40°F) and 60°C (140°F).



CHILL

Refrigerate or freeze prepared food and leftovers within two hours. Make sure the refrigerator is set at a temperature of 4°C (40°F) or colder, and keep the freezer set at - 18°C (0°F).