



# Food Handling & Safety

## Step One

### *Clean*

Wash hands and surfaces often to avoid the spread of bacteria.

Wash your hands with hot, soapy water for at least 20 seconds before handling food and after handling raw meats or poultry, or using the bathroom.

## Step Three

### *Cook*

Make sure you kill harmful bacteria by properly cooking food.

Traditional visual cues like colour are not a guarantee that food is safe. Don't guess! Take a food thermometer (Ronald McDonald House® has one for you to use) to check when meat and poultry are safe to eat.

Safe internal Temperatures

Ground beef: 71°C / 160°F

Whole poultry: 85°C / 185°F

Leftover food: 74°C / 165°F

## Step Two

### *Separate*

Keep raw foods separate from cooked foods to avoid cross-contamination.

When you pack a cooler, wrap raw meats and poultry securely and put them on the bottom to prevent juices from dripping on other foods.

Wash all plates, utensils and cutting boards that touched or held raw meat or poultry before using them again for cooked foods.

## Step Four

### *Chill*

Keep cold food cold.

Perishable foods that are normally in the refrigerator such as lunch meats, cooked meat, chicken and potato/pasta salads must be kept in an insulated cooler with freezer packs or blocks of ice to keep the temperature at 4°C / 160°F or below.

For more information visit  
[befoodsafeca](http://befoodsafeca)