

Food Safety



for Families

How's your food safety savvy?

The Canadian Partnership for Consumer Food Safety Education is a national association of public and private organizations working together to improve Canadian consumers' understanding of microbial foodborne illness and the measures that can be taken to decrease the risk of illness.

Canada's food supply is considered one of the safest in the world and Canadians should be proud. However, food safety doesn't just happen, many people play a vital role in keeping our food safe—farmers, fishermen, processors, grocers and you, the consumer.

According to Health Canada, an estimated 11-13 million Canadians are affected each year by foodborne illness—commonly known as food poisoning. Many cases go unreported because the symptoms resemble other digestive illnesses. Handling food safely, in the home, in processing plants and everywhere food is sold is the key to preventing foodborne illness.

Research and technological advances over the past 25 years have led to many changes in farming, food processing and eating habits. Unfortunately, in many cases, the way consumers prepare and handle food in the home has changed very little. Food handling practices, which have been in the family for years, may be leaving you exposed to foodborne illness.

It's time to *Be Food Safe* because food handling safety risks at home are more common than most people think. *Be Food Safe* Canada is a national awareness campaign designed to inform and promote safe food handling practices. Assess your current food safety habits and compare them to the four easy lessons of **Clean**, **Separate**, **Cook** and **Chill**. Then tell your friends, children and grandchildren and encourage them to join you in the national effort to *Be Food Safe*.

be food safe.



clean. separate.
cook. chill.

www.befoodsafe.ca

Foodborne illness can be deadly!

In general, foodborne illness is not long lasting, but in some cases it can be severe, even deadly.

- Foodborne illness occurs when a person eats food contaminated with microscopic, disease-causing organisms, such as bacteria, viruses and parasites. Illness and symptoms will vary according to the type and amount of these organisms present in the food.
- The most common symptoms may include stomach cramps, nausea, vomiting, diarrhea, headache and fever, or any combination of these.
- These symptoms can occur several hours or several days after eating contaminated food.
- Older adults, young children, pregnant women and people with weakened immune systems are more susceptible to severe bouts of foodborne illness and should therefore be more vigilant about food selection—avoid high risk foods (see page 12), and handle food safely.
- The good news—the risk of contracting a microbial foodborne illness can be reduced. Make sure you are up-to-date on how to *Be Food Safe*.

Home— a great place to *Be Food Safe*

The way food is purchased, handled, cooked and stored at home is often taken for granted by children, but home is the place where most of us learn the habits we exhibit throughout our lives.

Older children—moving out and living on their own for the first time often have a myriad of questions about shopping, cooking, cleaning and storing food. 'Calling home' is their first action when seeking reliable information.

While Canadian families are becoming more aware of the importance of handling foods safely—safe food handling practices and the *Be Food Safe* messages of cook, clean, separate and chill need to be modeled and taught in the home.

When handling food for the family, take the time to explain why you do what you do. Share the messages and tips for safe food handling found in this publication, with all family members—young and old, and then pass it on.

be food safe.



clean

wash hands & surfaces often

Clean

Wash hands and surfaces often

Proper
handwashing is
one of the best
ways to prevent
foodborne illness and
significantly reduces
the spread of the
common cold
and flu.

Bacteria can be present throughout the kitchen—on cutting boards, utensils, sponges and counter tops. Meat, poultry, seafood, eggs, fruits and vegetables may carry bacteria responsible for foodborne illness and as you handle them you can cross-contaminate other foods and working surfaces.

Here's how to *Be Food Safe*

Wash fresh produce

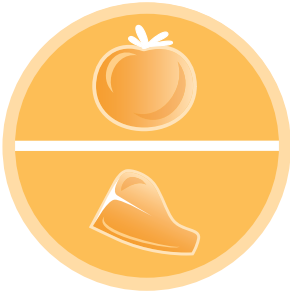
Whether they come from your garden, the market, or the store—fruits and vegetables should be washed just before serving. They should never be consumed without being washed.

- **Wash produce under cool running tap water.**
- **Use a vegetable scrub brush on produce with a firm skin such as carrots, potatoes, melons and squash.**
- **Always wash produce, such as squash, melons and oranges, even if you don't eat the outer rind. Bacteria on the outer surface can be transferred to the inner flesh when the item is cut or peeled.**
- **Discard outer leaves of leafy vegetables and wash produce thoroughly under cool running tap water—making sure all dirt has been removed.**

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food, using the bathroom, changing diapers and handling pets.
- Wash cutting boards, utensils, and countertops with hot soapy water after preparing each food item and before you go on to the next food.
- Once cutting boards (including plastic, non-porous, acrylic and wooden boards) become excessively worn or develop hard-to-clean grooves—replace them.
- Wash cloth tea towels and dish cloths *often* in the hot cycle of a washing machine. Consider using paper towels to clean up kitchen surfaces.
- For added protection, use a commercial kitchen sanitizer as directed or make your own bleach solution. Mix 5 mL (1 tsp) of household bleach to 750 mL (3 cups) of water.
- Occasionally sanitize cutting boards by flooding the board with the bleach solution. Let it stand a few minutes and then rinse thoroughly with clean, potable, running water.

Do not use detergent or bleach on fruit and vegetables. Porous produce can absorb these products and neither detergent nor bleach is intended for use on foods. Clean, potable, running water and a vegetable scrub brush are sufficient for cleaning produce.

be food safe.



separate
don't cross contaminate

Separate

Don't cross-contaminate

Cross-contamination is the process of spreading bacteria from one product to another. Bacteria can be spread to food by coming into direct contact with contaminated food, kitchen utensils or counter surfaces.

This is especially important when handling raw meat, poultry and seafood. Keep these foods and their juices separate from other foods.

Here's how to *Be Food Safe*

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate or cutting board that previously held raw meat, poultry or seafood.
- Always start with a clean scene – wash hands with warm water and soap. Wash cutting boards, dishes, countertops and utensils with hot soapy water.
- If using the same cutting board wash thoroughly between uses.

At the grocery store

- **In the grocery cart, be careful juice from raw meat, seafood or poultry does not drip onto other foods. Place them in a plastic bag before placing in your cart.**
- **Don't allow raw meat, seafood or poultry to be bagged with other groceries.**
- **If you find juice dripping from raw meat, poultry or seafood on display in the grocery store, tell a manager. Food safety is everyone's responsibility.**

In your refrigerator

- **Place raw meat, seafood and poultry in a container on the bottom shelf of your refrigerator so it cannot drip onto other foods.**

Board Games: plastic vs wood

There is no evidence to support one type of cutting board—hard wood or plastic—over the other, but the following advice will help keep them free of bacteria:

- *use two cutting boards—one for raw meat, poultry and seafood and one for washed fresh produce and ready-to-eat foods*
- *wash with soap and warm water after each use*
- *use a bleach solution to kill microbes; then rinse well and air dry or dry with a clean cloth*
- *replace boards or sand wooden boards when they become grooved and worn*

be food safe.



cook

cook to safe temperature

Cook

Cook to proper temperatures

Food safety experts agree foods are properly cooked when they are heated for a *long enough time* and at a *high enough temperature* to kill harmful bacteria responsible for foodborne illness.

Here's how to *Be Food Safe*

- Use a clean food thermometer, which measures the internal temperature of cooked foods, to make sure meat, poultry, egg dishes, casseroles and other foods and leftovers are cooked to safe temperatures.
- Fish should be opaque and flake easily with a fork. Refer to the Safe Cooking Temperature Chart on Page 9 for more details about different kinds of fish and seafood.
- When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. To do this, cover food, stir and rotate the dish by hand once or twice during cooking—unless you have a turntable in the microwave. Allow for standing time. All of these steps are necessary for thorough cooking or reheating of food. Use a food thermometer to make sure foods have reached a safe internal temperature.

Reheating leftovers

- Reheat solid foods quickly to an internal temperature of at least 74°C (165°F).
- Reheat and stir soups, stews, sauces and gravies to a rolling boil.
- Follow the microwave manufacturer's instructions when reheating leftovers, since microwaves vary.
- Discard unused portions of reheated leftovers.
- NEVER use your nose, eyes or taste buds to judge the safety of food. You cannot tell if a food may cause foodborne illness by its smell, look or taste. **"If in doubt, throw it out!"**

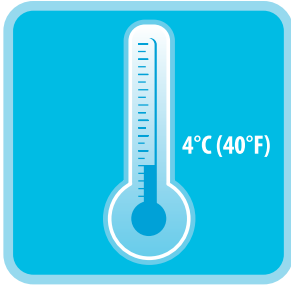
"I never use a thermometer."

Does this sound familiar?

While there are many ways to test when meat, poultry and seafood are done (juices run clear, meat falls off bone, meat patties are brown), or when casseroles are properly reheated (casserole is hot and bubbling) these methods can be misleading. To ensure food has been cooked to a safe temperature, use a food thermometer. A variety of food thermometers are available, but the easiest to handle is a digital model. They are easy to read, provide quick readings and can be used at various stages of cooking. Always wash thermometers between readings! Keep your food thermometer handy and use it ... It's worth the effort!



be food safe.



chill

refrigerate promptly

Chill

Chill it promptly!

The Two-Hour Rule

Refrigerate or freeze perishables, prepared food and leftovers, within two hours. Discard food left at room temperature longer than two hours. This includes food in the car, picnics and food left on the counter.

At room temperature, bacteria in food can double every 20 minutes.

Freezing foods or storing them at cold

temperatures won't kill the bacteria, but it will prevent most types from multiplying.

It is essential to refrigerate or freeze perishable foods, prepared foods and leftovers within 2 hours of purchase or consumption. The fewer bacteria—the less likely you will become ill.

Here's how to *Be Food Safe*

- Keep your refrigerator at 4°C (40°F) or colder and your freezer at -18°C (0°F). Check the temperature occasionally with an appliance thermometer.
- Always marinate foods in the refrigerator.
- Store eggs in their original carton. Although your refrigerator may have an egg tray on the door, these areas are not cold enough.
- Refrigerate leftovers within 2 hours. Today's refrigerators are designed to chill warm food items without causing damage to the appliance. To aid the cooling process, separate large quantities into shallow containers and cover once cooled.

When shopping

- Read and follow label instructions such as "Keep refrigerated", "Best before", "Refrigerate after opening" and "Keep frozen".
- Pick up all refrigerated and frozen foods last. Refrigerate or freeze food within two hours of purchase. Use a cooler in your car on hot days or when the trip home will take more than an hour.

Keep Hot Foods Hot & Cold Foods Cold!

- Use a cooler with ice to transport food in the car.
- Use ice packs or frozen drinking boxes to keep lunches cool.
- Use insulated bags or hot packs in coolers to transport hot food. It may be necessary to reheat items to a safe internal temperature when you reach your destination.

Keep foods hotter than 60°C (140°F)

60°C — 140°F

The Danger Zone is between 4°C (40°F) and 60°C (140°F)

4°C — 40°F

Keep foods below 4°C (40°F)

-18°C — 0°F

Storage Chart

Keep it safe!
Follow the "Best before" date!

For refrigerators and freezers

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
Fresh Meat		
Beef—steaks, roasts2-4 days	10-12 months
Pork—chops, roasts2-4 days	8-12 months
Lamb—chops, roasts2-4 days	8-12 months
Veal roasts3-4 days	8-12 months
Ground meat1-2 days	2-3 months

Fresh Poultry		
Chicken, turkey—whole2-3 days	1 year
Chicken, turkey—pieces2-3 days	6 months

Fresh Fish		
Lean fish (i.e., cod, flounder)3-4 days	6 months
Fatty fish (i.e., salmon)3-4 days	2 months
Shellfish (clams, crab, lobster)	12-24 hours	2-4 months
Scallops, shrimp, cooked shellfish1-2 days	2-4 months

Ham		
Canned ham	6-9 months	Don't Freeze
Ham, fully cooked (half & slices)3-4 days	2-3 months

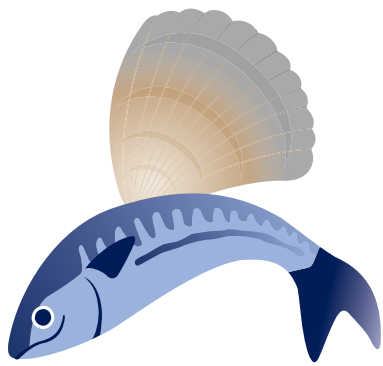
Bacon & Sausage		
Bacon	1 week	1 month
Sausage, raw (pork, beef, turkey)1-2 days	1-2 months
Pre-cooked, smoked links or patties	1 week	1-2 months

Leftovers		
Cooked meat, stews, egg or vegetable dishes3-4 days	2-3 months
Gravy & meat broth1-2 days	2-3 months
Cooked poultry and fish3-4 days	4-6 months
Soups2-3 days	4 months

Hot Dogs & Lunch Meats		
Hot dogs2 weeks	1-2 months
opened	1 week	
Lunch meats2 weeks	1-2 months
opened3-5 days	1-2 months

Deli Foods		
Deli meats3-4 days	2-3 months
Store-prepared or homemade salads3-5 days	Don't freeze

TV Dinners / Frozen Casseroles		
Keep frozen until ready to serve		3-4 months



Eggs

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
Fresh—in shell	3-4 weeks	Don't Freeze
out of shell	2-4 days	4 months
Hardcooked	1 week	Doesn't freeze well
Egg substitutes	10 days	Don't freeze
opened	3 days	1 year

Dairy Products

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
Milk	Check best before date	6 weeks
opened	3 days	
Cottage cheese	Check best before date	Doesn't freeze well
opened	3 days	
Yogurt	Check best before date	1-2 months
opened	3 days	

Cheese

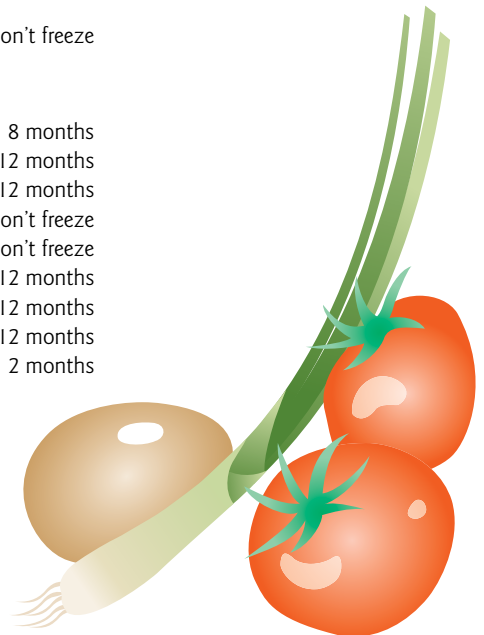
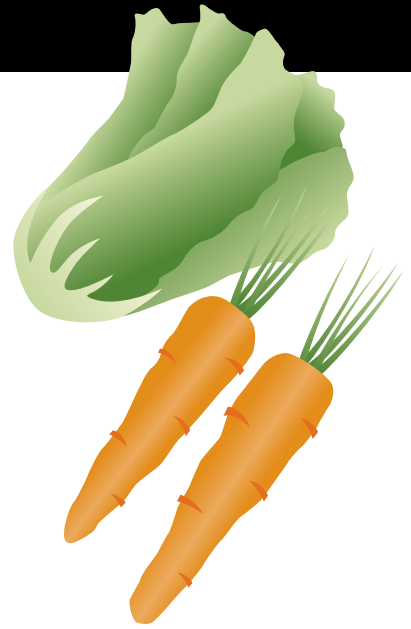
soft	1 week	Doesn't freeze well
semi-soft	2-3 weeks	8 weeks
firm	5 weeks	3 months
hard	10 months	Up to a year
processed	Several months	3 months
opened	3-4 weeks	Don't freeze
Butter	8 weeks	salted—1 year
		unsalted—3 months
opened	3 weeks	Don't freeze

Commercial mayonnaise

(refrigerate after opening)	2 months	Don't freeze
-----------------------------	----------	--------------

Vegetables

Beans, green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Lettuce, leaf	3-7 days	Don't freeze
Lettuce, iceberg	1-2 weeks	Don't freeze
Spinach	2-4 days	10-12 months
Squash, summer	1 week	10-12 months
Squash, winter	2 weeks	10-12 months
Tomatoes	Not recommended	2 months



Cooking Temperatures

Canadian Partnership for Consumer
Food Safety Education

SAFE COOKING TEMPERATURES

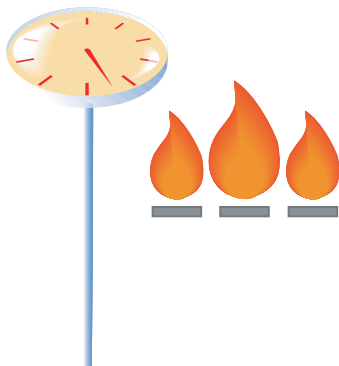
You can't tell by looking...
use a food thermometer to be sure!

Safe thawing

Food should not be thawed at room temperature.

Three acceptable ways to safely thaw foods are: in a refrigerator, in a microwave or immersed in cold water.

- Generally, it will take five hours to thaw half of a kilogram or one pound of meat or poultry in a refrigerator.
- When thawing by microwave, cook the food immediately following the thawing process.
- If you thaw food using cold water, keep the food in its original wrapping and change the water every half hour to ensure the water remains cold. If raw meat comes in contact with sinks and kitchen surfaces, remember to wash them immediately.



	Internal temperature
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	71°C (160°F)
Turkey, Chicken	74°C (165°F)
Fresh Beef, Veal, Lamb	
Medium Rare	63°C (145°F)
Medium	71°C (160°F)
Well Done	77°C (170°F)
Poultry	
Chicken & Turkey, whole	85°C (185°F)
Poultry parts	74°C (165°F)
Duck & Goose	74°C (165°F)
Stuffing (cooked alone or in bird)	74°C (165°F)
Fresh Pork	
Medium	71°C (160°F)
Ham	
Fresh (raw)	71°C (160°F)
Pre-cooked (to reheat)	74°C (165°F)
Eggs & Egg Dishes	
Egg dishes and casseroles	74°C (165°F)
Seafood	
Fin Fish	70°C (158°F) flesh is opaque
Shrimp, Lobster & Crabs	74°C (165°F) flesh is pearly & opaque
Clams, Oysters & Mussels	shells open during cooking
Scallops	milky white or opaque & firm
Leftovers & Casseroles	74°C (165°F)

Cooking temperatures provided by Health Canada



Frequently Asked Questions

Is it Safe?

Moldy Cheese—the good, the bad and the unsafe!

Cheese-makers use cultured molds to produce the colorful veins in flavorful Stilton, Roquefort, Blue and Gorgonzola cheeses. Mold also gives cheese like Brie and Camembert their delicious edible rinds—these are 'good' molds.

Some molds cause spoilage by growing on the surface of cheese. They produce streaks of discoloration, clumps of blue, green or white fuzzy looking growths—these molds are bad and unsafe to eat!

If mold forms on hard or firm cheese (cheddar, parmesan), generously trim off mold plus 2.5 cm (1 inch) of cheese surrounding it. Wrap the trimmed cheese in new waxed paper or plastic wrap and refrigerate.

Discard fresh cheese, soft cheese and processed cheese that is moldy. It is difficult to judge how far the mold has penetrated—so do not keep or eat it.

To prevent mold growth on cheese, refrigerate cheese sealed in its original packaging until ready to use. Once opened, wrap the cheese tightly in waxed paper or plastic wrap and keep refrigerated. If moisture has condensed on the cheese, wipe it off with a clean paper towel before rewrapping.

Food Storage

For canned food and leftovers

"First in" ...

"First out" ...

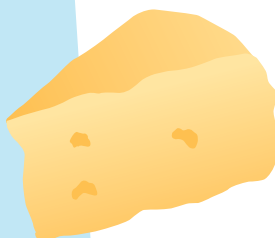
A good rule for using and storing canned food.

Storing canned food

- Store in cool, clean, dry place.
- Date canned goods at purchase and consume them within 1-2 years or before their "Use by" date if applicable.
- Never use or purchase foods from jars with loose or bulging lids or from bulging, leaking or badly dented cans.

Storing leftovers

- Refrigerate leftovers within 2 hours. Discard if left out for more than 2 hours.
- Never remove a large pot of very hot food (such as soup, stew, or pasta sauce) from the stove and place directly in the refrigerator. Large masses of food can take hours or days to chill properly. A slow cooling process provides an ideal environment for the growth of harmful bacteria.
- Very hot items can be cooled at room temperature for approximately 30 minutes prior to being refrigerated. Frequent stirring or a cold water bath accelerates the cooling at this stage.
- Refrigerate or freeze leftovers in shallow containers and cover once cooled. Food will cool faster in shallow containers.
- Remove bones from large pieces of meat or poultry and divide them into smaller portions before storing.
- Date leftovers to ensure freshness—eat leftovers as soon as possible. Once thawed, leftovers should be eaten within four days.
- Always put leftovers in clean containers and never mix them with fresh food.



Food Storage (continued)

Locker Lunches— keep them safe!

Families work hard to prepare nutritious lunches and creative snacks for those endless lunch boxes. But do you put as much effort and planning into the safe storage and packing of those mid-day meals?

Many nutritious lunch foods are perishable, such as, deli-style sandwiches, dairy-based dips, dressings, cheese snacks, yogurts and milk products. While we would never choose to store these items in a hot cupboard in the kitchen, they sit in back packs and hot lockers for hours, before being consumed.



Frequently Asked Questions

Is it Safe?

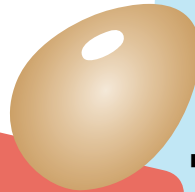
Slightly cracked or dirty eggs in carton

When using eggs:

- Ensure eggs are clean and the shells are not cracked. If the shell is dirty or cracked then bacteria on the outside of the egg can slowly pass through the egg and cause it to spoil. Eggs should always be kept refrigerated to prevent any bacteria from growing. Discard cracked and dirty eggs. Store eggs in their original carton on a shelf in the refrigerator.
- Always use fresh, Canada Grade A eggs that have been refrigerated. The 'best before' date on the carton will help determine freshness.
- Serve all egg-rich products immediately after preparing or store in the refrigerator.
- Avoid eating cookie and cake batter containing raw egg product.

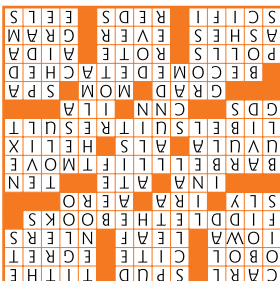
Lunch box packaging, storing and handling tips

- Add an ice-pack to lunch bags, or alternatively freeze a juice box or dairy item (yogurt) that will be almost thawed and ready to eat by lunch time
- Invest in an insulated lunch bag or box, or double-bag the lunch
- Wash lunch boxes and bags everyday
- Use a brush to properly clean drinking containers and discard container when worn
- Keep hot lunches (thermoses) hot!
- If a class room has a microwave, make sure your child knows how to properly reheat their lunch
- Teach children why and how to care for their lunch bag
- Wash hands, wash hands, wash hands—before eating!



Best before date— milk products

The 'best before' date indicates how long the unopened product will retain its freshness and high quality. Once opened, the 'best before' date no longer applies and the storage life depends on how the product is stored. All opened milk products are perishable, including canned and packaged shelf milk. Once opened, milk products should be refrigerated, and used within 3 days. After purchasing milk or cream, store promptly on a refrigerator shelf.



Answers to
crossword page 15

High Risk Foods



For older adults, pregnant women, young children and people with weakened immune systems

Health Canada says that the following foods have been linked to outbreaks of foodborne illness. These foods must be **fully cooked** to eliminate bacteria and therefore should be **avoided** in a raw, or semi-cooked state.

- Raw fin fish and shellfish—including oysters, clams, mussels and scallops.
- Raw or unpasteurized cow or goat milk or foods made from unpasteurized milk. If you do use cheeses made from unpasteurized milk, consume only those that have been aged 60 days or longer.
- Soft cheeses such as feta, brie, camembert, and queso blanco fresco.
- Raw or lightly cooked egg or egg products including salad dressings, cookie or cake batter, sauces, and beverages such as homemade eggnog. Foods made from commercially pasteurized eggs have a reduced risk. If you choose to make eggnog with whole eggs, heat the milk mixture to 71°C (160°F).
- Raw meat or under cooked poultry.
- Raw sprouts such as alfalfa, clover, radish and mung beans.
- Unpasteurized fruit juice and cider.

Food Gifts and Food Safety

While homemade flavoured oils are popular and tasty gifts, they have a limited shelf life of one week and must be kept refrigerated at all times. Oils made with fresh foods, such as garlic and herbs, pose the greatest risk. These products are often sold at fairs and farmers' markets, and are frequently sold unrefrigerated. Before purchasing, ensure these oils are refrigerated and check the preparation date. Do not purchase them if they are more than one week old or if sold unrefrigerated.

Commercially prepared products stored in oil and containing an acid (such as vinegar) or salt in their list of ingredients are generally considered to be safe. They should be refrigerated after opening and between each use.

be food safe.



clean. separate.
cook. chill.

www.befoodsafe.ca

Pasteurized vs. unpasteurized fruit juice and cider

Pasteurized juice and cider have been treated to kill harmful bacteria and prolong shelf life. They do not pose a risk to health. Pasteurized juice is generally packaged in bottles, cans and juice boxes and can be found unrefrigerated on grocery store shelves.

Most unpasteurized fruit juice and cider (freshly pressed) is sold from local orchards, roadside stands, and juice bars and in refrigerated cases or on ice in the produce section of grocery stores. These types of juice and cider have not been treated and this means the product may contain bacteria harmful to your health.

In Canada, two outbreaks of foodborne illness—one in 1980 and one as recently as 1998—were linked to unpasteurized apple cider. People who fall into the high-risk category should avoid consuming unpasteurized products.

For more information about food safety visit these websites:

Health Canada:

www.hc-sc.gc.ca/index-eng.php

CFIA:

www.inspection.gc.ca/english/toce.shtml

PHAC:

www.phac-aspc.gc.ca/index-eng.php

Listeriosis

Health Canada says *Listeria monocytogenes* is a bacterium that can be found in soil and water. The bacterium has been found in a variety of raw foods, such as uncooked meats and vegetables, as well as in processed foods that become contaminated after processing, such as soft cheeses and cold cuts at the deli counter. Foods made from unpasteurized (raw) milk may contain the bacterium. *Listeria* is killed by pasteurization, and heat processing. Although foods processed in Canada follow strict guidelines, soft cheeses, pâté and smoked fish have been linked to listeriosis. Persons at high risk are most susceptible to developing listeriosis and should therefore avoid these types of foods. Refrigerated smoked fish products can be eaten safely when fully cooked (e.g. in a casserole). Hot dogs, luncheon meats, or deli meats, should be reheated until steaming hot before being eaten. Also, avoid cross-contaminating other foods, utensils, and food preparation surfaces with juice from hot dog packages, and wash hands after handling hot dogs, luncheon meats, and deli meats.

Family Fun—A Food Safety Survey

Have a young family investigator ask the following questions to at least three family members (try to include parents, grandparents, teenagers and anyone who cooks or prepares food for themselves or others).

CLEAN • Do you regularly:

1. Wash hands with warm water & soap for 20 seconds before preparing food?
2. Wash hands with warm water & soap for 20 seconds before eating?
3. Clean countertops before preparing food?
4. Rinse fruits & vegetables with cold running water before preparing them?
5. Wash kitchen dish cloths or sponges?

SEPARATE • Do you regularly:

6. Clean & disinfect the cutting boards used for raw meat, fish and poultry before using for any other foods?
7. Keep raw meat, fish and poultry wrapped properly and kept separately in the refrigerator so juices do not drip on other foods?
8. Put cooked meat, fish or poultry on a different platter than the one with the raw juices?

COOK • Do you regularly:

9. Rotate or stir food in the microwave to avoid 'cold spots'?
10. Bring sauces, soups and gravy to a boil when reheating?
11. Make sure eggs are cooked until the yolk is solid?
12. Avoid eating cookie dough or cake batter that was made with raw eggs?
13. Use a food thermometer when cooking meat, poultry and fish?

CHILL • Do you regularly:

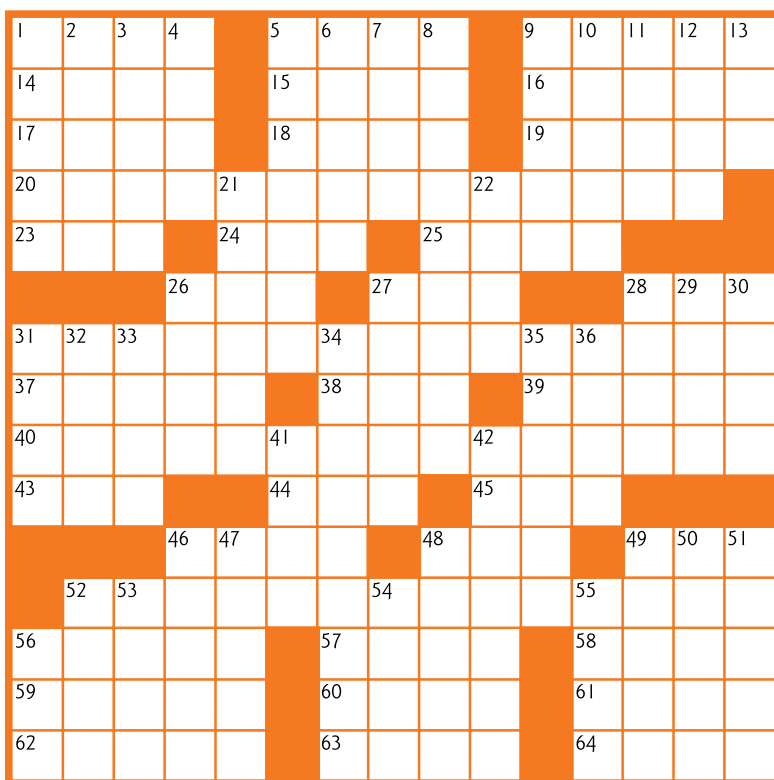
14. Use a cold pack for packed lunches or picnic foods?
15. Refrigerate leftovers right away?
16. Choose shallow containers to store leftovers or stir leftovers to promote rapid cooling of foods?
17. Defrost foods in the refrigerator, in cold water or in the microwave?

SURVEY SUMMARY

Yes or No Answers																		TOTAL		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	Yes	No	
NAME																				
NAME																				
NAME																				

Clean, Separate, Cook, Chill

This fun crossword puzzle has four themed clues which are the largest entries on the grid. The four clues are a 'spin' on the *Be Food Safe* messages—**Cook, Clean, Separate and Chill**. We challenge all readers and crossword-lovers to give the puzzle a try! See page 11 for the solution.



by Fraser Simpson

ACROSS

- | | |
|--|---|
| 1 Sigmund's sometime collaborator | 39 Outer ear part |
| 5 Veggie choice | 40 CHILL |
| 9 Give your part | 43 Part of GST |
| 14 Shawm descendant | 44 Wolf Blitzer's network |
| 15 Exemplify | 45 Union on the waterfront |
| 16 Swamp dweller | 46 Alternative to DEG or RAD, on a calculator |
| 17 "The Bridges of Madison County" setting | 48 Harriet, to Ricky |
| 18 It might appear in a table | 49 Aix-en-Provence, e.g. |
| 19 Expos, e.g. | 52 SEPARATE |
| 20 COOK | 56 Asks |
| 23 Arch | 57 Surf's murmur |
| 24 Sinn Fein org. | 58 "Ritorna vincitor" singer |
| 25 Bubble-filled bar | 59 Aussie/Brit cricket trophy, with "The" |
| 26 _____ flash | 60 Even once |
| 27 Reckless Olympian | 61 Metric unit |
| 28 Lacrosse team | 62 Novel genre |
| 31 CLEAN | 63 Movie about John Reed |
| 37 Soft palate dangler | 64 Anguilliform creatures |
| 38 Hirt and others | |

DOWN

- 1 Do, do, do?
- 2 Seething
- 3 Bullyboy
- 4 Galena yield
- 5 Dealing with the outer eyeball
- 6 Michelangelo sculpture
- 7 2002 Games locale
- 8 Kind of attitude
- 9 Drift
- 10 White House?
- 11 Star _____
- 12 Towel word
- 13 UFO crew
- 21 Descendant
- 22 Carp
- 26 Contempt follower
- 27 Wiped
- 28 Resin used in perfumes
- 29 Base
- 30 Barbershop call
- 31 Eur. country
- 32 Dyed-in-the-wool
- 33 Tries the lamp?
- 34 Clothes washer
- 35 Role for Geena
- 36 Phoenix suburb
- 41 Pigeon's undoing
- 42 Unruly folk
- 46 One on staff?
- 47 Martini go-with
- 48 Dealt
- 49 Hobbits' home, with "The"
- 50 Cycle
- 51 "Watership Down" author
- 52 Pear choice
- 53 K-8
- 54 Pacifist
- 55 Avant-garde composer John
- 56 Ballet move

Acknowledgements

Who We Are

The Partnership is an association of over 30 public and private sector organizations dedicated to helping consumers use the four core safe food handling practices. With support from our members across the country, the Partnership is focussed on raising awareness amongst Canadians about safe food handling practices with a goal of reducing the incidence of microbial foodborne illness in Canada. Thanks to all of our members for their support.

Member List

Visit www.canfightbac.org for a list of Partnership members.

The Partnership thanks Maple Leaf Foods for their support of the 2010 updated version of the Food Safety for Families Newsletter.

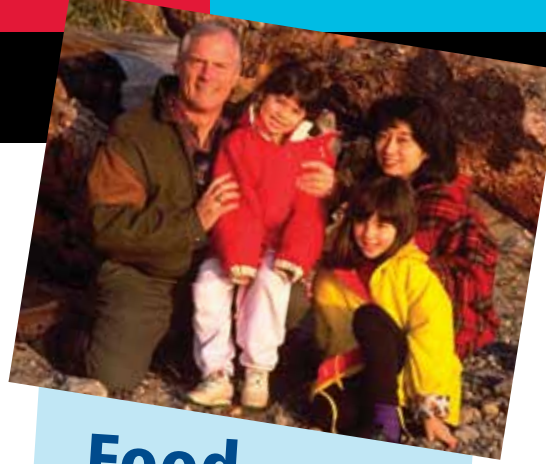
© Canadian Partnership for Consumer Food Safety Education. All rights reserved. Permission is granted to reproduce this document for educational purposes. Photographs have been reproduced with permission; page 1 – Maple Leaf Foods, pages 9 and 16 – Health Canada.

© Minister of Public Works and Government Services Canada 2002.

Be Food Safe is licensed for use in Canada by the Canadian Partnership for Consumer Food Safety Education.



Canadian Partnership for
Consumer Food Safety Education
Partenariat canadien pour
la salubrité des aliments



Food safety ambassadors

In most communities across Canada, kitchens can be found in churches, community centres, private clubs and condominium complexes. These kitchens are used by a number of people for potluck suppers, senior luncheons or other community functions. Poor food handling practices can lead to foodborne illness.

Whether food is prepared at home and brought to the event, catered or prepared on site, when cooking for a group—food safety is everyone's responsibility. **Clean, Separate, Cook, Chill**—following these four steps will help make your event safe.

The Canadian Partnership for Consumer Food Safety Education encourages you to become a Food Safety Ambassador by taking the four core safe food handling messages, **Clean, Separate, Cook and Chill** to your community events. Remind everyone to make food safety a priority and **Be Food Safe Canada**.