

Buy a food thermometer ... and use it!

**THERMOMETERS**

**Keep food out of the Danger Zone!**

The Temperature Danger Zone is the range of temperatures between 4 and 60 degrees Celsius (40 to 140 degrees Fahrenheit). Bacteria multiply and other disease-causing microorganisms survive in this range.

Hot Holding Zone  
Reheat 74°C (165°F)  
Hot Hold 60°C (140°F)

**DANGER ZONE**  
KEEP FOOD OUT

Bacteria grow  
and multiply

Cold Holding Zone  
Cold Hold 4°C (40°F)  
Freeze -18°C (0°F)

Make sure to re-heat, hold (in hot or cold holding) or freeze food to the following temperatures, in order to minimize bacterial growth:

- Reheat 74° C (165° F)
- Hot hold 60° C (140° F)
- Cold hold 4° C (40° F)
- Freeze -18° C (0° F)

In Good Hands  
[www.ingoodhands.ca](http://www.ingoodhands.ca)  
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## REDUCE THE AMOUNT OF TIME FOOD IS IN THE DANGER ZONE.

Hazardous food left in The Danger Zone for more than 2 hours **MUST BE THROWN OUT**. The 2 hours includes total time needed for thawing, preparation, cooking and serving.

- Prepare recipes in smaller quantities to reduce the amount of preparation time.
- Refrigerate leftovers promptly.
- Use a food thermometer to make sure cold foods are held cold (4° C or lower) in refrigerator units and hot foods are held hot (60° C or higher) in hot serving units.

## PREVENTING FOODBORNE ILLNESS How to Avoid Temperature and Time Abuse

Public health experts estimate that there are 11 to 13 million cases of foodborne illness in Canada every year. Fortunately, most foodborne illnesses can be easily prevented by using proper food handling practices.

### DON'T GIVE BACTERIA A CHANCE!

No matter how careful you are, some foods will contain harmful bacteria or other dangerous micro-organisms, called pathogens. The bacteria may be in the food when it arrives, or it may get into the food while it is being prepared. The longer a food stays at improper temperatures, the more likely bacteria will grow to dangerous levels.

It is the responsibility of the person preparing food to kill pathogens through proper cooking and reheating so that harmful bacteria do not get a chance to grow. The good news is food handlers can easily control the two factors responsible for the growth of dangerous bacteria: **TIME** and **TEMPERATURE**.

### TO AVOID TEMPERATURE AND TIME ABUSE...

1. KEEP FOOD AT SAFE TEMPERATURES.
2. COOK AND REHEAT FOOD TO PROPER TEMPERATURES.
3. REDUCE THE AMOUNT OF TIME FOOD STAYS IN THE DANGER ZONE.



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**THE DANGER ZONE**  
**(4°C - 60°C)**  
Hazardous food left in The Danger Zone for more than 2 hours **MUST BE THROWN OUT.**

## KEEP FOOD AT SAFE TEMPERATURES.

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When shopping, make grocery shopping your last stop. Pick up meat and refrigerated items last. Take along a cooler with ice packs to keep food cool on hot days while transporting. Never leave food in a hot car. At home, unpack perishable foods first.

### CHILL IT IN THE REFRIGERATOR or FREEZER...

Keep your refrigerator as cold as you can (4° C or lower) without freezing your milk or lettuce. Keep your freezer at -18° C or lower. If you do not plan to cook fresh meat, poultry or fish immediately, freeze them. Raw steaks and roasts should not be refrigerated for more than 3 days before cooking; fresh poultry and ground meat for no more than 1 or 2 days. Leftover should not be kept for more than 3-4 days. Eggs should not be frozen but can last up to 3 weeks in the refrigerator.

### CHILL IT WHEN THAWING OR MARINATING...

Always thaw or marinate meat in the refrigerator – NEVER on the counter. Thaw meat in the refrigerator, in cold running water or ice water, or in the microwave if cooking immediately after. Some foods don't require thawing and can be cooked from frozen.

## Use a Food Thermometer.

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**Why should you use a food thermometer?** - Using a food thermometer lets you check the inside temperature of food to see if it has been cooked to a temperature high enough to destroy harmful bacteria. A food thermometer also helps ensure that food is stored or displayed at the right temperature in refrigerators or hot holding units. Don't rely on thermometers built into equipment (like stoves or fridges) because they only indicate the temperature of the unit – not the food - and are not always accurate. Remember, what matters is the temperature of food.

**Measuring Hot Food** – Let food stand for at least 2 minutes after cooking to get an accurate reading. Insert the sensing tip into the thickest part of the food. Stir the food first if possible, and check the temperature of large dishes like lasagna in several places. Don't let the thermometer touch bones in meat or the bottom or sides of a pan because that may change the reading.

**Measuring Cold Food** – Insert the sensing tip into the thickest part of the food. Fold bulk fluids (like milk in a bag) around the thermometer. Place the thermometer between packages of frozen food making sure it is fully covered.

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## COOK AND REHEAT TO PROPER TEMPERATURES

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- Cook all meats to the proper cooking temperature indicated below.
- Never eat meat that is raw. Use a food thermometer to check that meats have reached the proper internal cooking temperature (see below).
- Oven temperatures should be no lower than 325° F (160 C) for poultry and 250° F (120° C) for other meats.
- Ground meats must be cooked until the internal temperature of the meat reaches 74°C, the meat is gray (not pink), and the juices run clear.

COOKING TEMPERATURES	Temp (C)	Temp (F)
<b>POULTRY</b>		
Whole (chicken or turkey)	82	180
Breasts	74	165
Thighs & Wings	Cook until juices run clear	
Stuffing (cooked alone or in bird)	74	165
Duck, Goose, Pheasant	82	180
<b>GROUND MEAT &amp; MEAT MIXTURES</b>		
Turkey, Chicken	74	165
Veal, Beef, Lamb & Pork	71	160
<b>HAM</b>		
Fresh (raw)	71	160
Precooked (to reheat)	60	140
<b>SEAFOOD</b>		
Fish, Shellfish & other Seafood	70	158
<b>STEAKS and ROASTS</b>		
Beef, Veal, Lamb & Goat	60-74	140-165
Pork	71	160

### OTHER RESOURCES

- Consumer Food Safety Education - [www.canfightbac.org](http://www.canfightbac.org)
  - Ontario Ministry of Health and Long Term Care - [www.health.gov.on.ca](http://www.health.gov.on.ca)
  - Canadian Food Inspection Agency - [www.inspection.gc.ca](http://www.inspection.gc.ca)
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