

COOKING TEMPERATURES

| PRODUCT | Temp (C) | Temp (F) |
|--|-----------------------------|----------|
| POULTRY | | |
| 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 |
| GROUND MEAT & MEAT MIXTURES | | |
| Turkey, Chicken | 74 | 165 |
| Veal, Beef, Lamb & Pork | 71 | 160 |
| HAM | | |
| Fresh (raw) | 71 | 160 |
| Precooked (to reheat) | 60 | 140 |
| SEAFOOD | | |
| Fish, Shellfish & other Seafood | 70 | 158 |
| STEAKS and ROASTS | | |
| Beef, Veal, Lamb & Goat | 60-74 | 140-165 |
| Pork | 71 | 160 |

OTHER RESOURCES

- Ontario Ministry of Health and Long Term Care www.health.gov.on.ca
- Canadian Food Inspection Agency www.inspection.gc.ca
- Consumer Food Safety Education www.canfightbac.org



PREVENTING FOODBORNE ILLNESS

Picnic Food Safety Tips

Everybody loves a picnic - but nobody wants to acquire foodborne illness from picnic food that was not prepared, cooked, transported or stored safely. Unfortunately, picnics can present health hazards to families and friends planning to eat outdoors in places where the usual kitchen facilities are not available. Careful handling of food is essential to reducing harmful bacteria that can multiply and cause foodborne illness. Play it "food-safe" when you plan your next picnic.

ABOUT THAT COOLER...

- Purchase coolers that are well-insulated and the right size for the food you will be carrying to your picnic.
- Purchase enough ice or freezer packs to keep the temperature of the food inside coolers like a refrigerator would (4°C or lower).
- Transport coolers in the passenger area of the vehicle - not in the hot trunk.
- Place the cooler in a shaded or sheltered area.
- Cover coolers with blankets for added insulation.
- Avoid unnecessary lifting of the lid which lets cold air out and warm air in.
- Don't let perishable foods sit out. Return them to the cooler as soon as possible.



*Northwestern
Health Unit*

www.nwhu.on.ca
1-800-830-5978

USE TWO COOLERS

Use two coolers - one for drinks (since it gets opened more often) and another for food.

GET OFF TO A CLEAN START!

- HANDWASHING is one of the best ways to prevent foodborne illness. Do it **often** and do it **long** (at least 15-20 seconds) in warm soapy water. Wash **before**, **after** and **between** handling different foods - and especially after visiting the washroom.
- BEFORE YOU LEAVE HOME, wash and sanitize everything that touches food: plates, cutlery, pans, utensils, coolers and food preparation surfaces. Washing carries away grease, debris and food particles. Sanitizing kills bacteria that cause foodborne illness.
- HOW TO SANITIZE: Wash dishes and utensils well in hot, soapy water. Rinse well. Then soak them in a **sanitizing solution** of 10 mL (2 tsp) of liquid household chlorine bleach mixed with 1L (4 cups) of water for 45 seconds. Spray the solution on counters and cutting boards and let stand for at least 1 minute. Let all articles air dry (or use disposable towels).

PLAY IT FOOD-SAFE

In case handwashing facilities are not available, bring along lots of moist towelettes and hand sanitizer.

Be careful with MELONS!

- Watermelon is a picnic favourite - but be sure to wash the rind before you cut it so that you don't push bacteria from the outside down into the flesh of the melon. Wash the rinds of all melons - even cantaloupes.

SEPARATE RAW AND COOKED FOODS!

- Raw food can cross-contaminate ready-to-eat food and cause foodborne illness. Keep raw and cooked foods separate and covered.
- Never put cooked burgers on the same plate that held the raw patties.
- Bring extra plates and utensils for serving cooked foods.

DON'T DRINK THE WATER... unless you know it is safe!

- Do NOT drink untreated water from lakes and streams.
- Bring along enough fruit drinks and beverages for the day...and lots of fresh drinking water. Bottled water can be purchased - or bottle your own from a known, safe water supply such as the one that supplies your home.
- Wash fruits and vegetables thoroughly in water that is safe for drinking.
- Don't place washed produce back in its original container.

WASH FRUITS & VEGGIES AT HOME

To ensure fruits & vegetables are not contaminated with organisms found in untreated drinking water, wash them at home before you leave.

Keep Food out of THE DANGER ZONE!

- Bacteria can grow quickly in The Danger Zone, so keep thawed meats and perishable foods in the cooler until you are ready to cook.
- Thaw meat in the refrigerator at home or in the cooler - NEVER on the picnic table. Thaw meat completely before grilling.
- Ensure your cooler maintains a temperature of 4°C or lower.
- Food must be cooked to 74°C or a safe minimum internal temperature to destroy harmful bacteria. (See: Cooking Temperatures.)
- Use a probe thermometer to ensure foods have reached a safe minimum internal temperature. Clean and sanitize the thermometer between uses.
- Serve food immediately after grilling.
- Serve small batches at a time and don't let food sit out after serving.

THE DANGER ZONE (4°C - 60°C)

Keep perishable food out of The Danger Zone (4°C - 60°C). Food left in The Danger Zone for more than 2 hours must be thrown out.