

# Be aware. Prepare safe food.

Protect your customers and your business by preparing safe food.

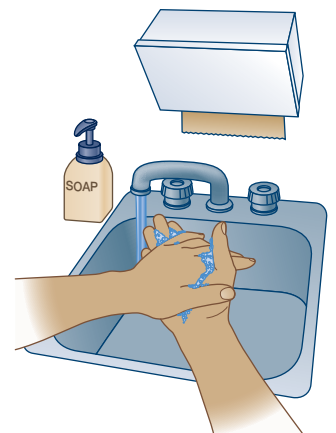
## Handwashing

As the first line of defense in preventing food-borne illness, hands must be washed:

- With soap and warm water
- Before starting food preparation
- When switching foods
- After handling food
- After a break
- After using the washroom
- When hands are dirty

## Glove use

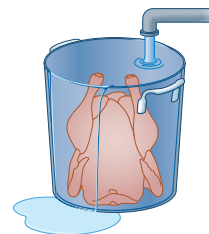
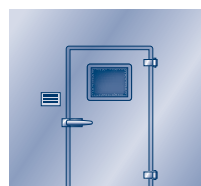
- Gloves do not replace washing hand with soap and water
- If gloves are used, hands must be washed before and after glove use



## Thaw food safely

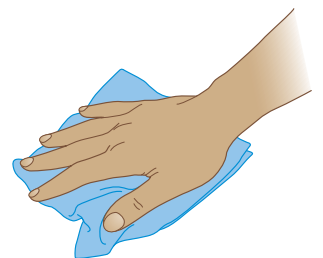
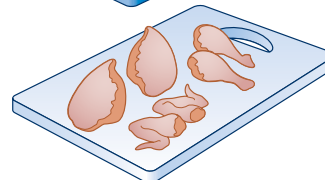
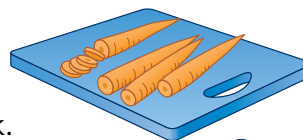
Safe ways to thaw food are:

- In a refrigerator at **4°C**, 40°F, or lower
- Under cold running water
- In a microwave oven (if the food will be cooked immediately)



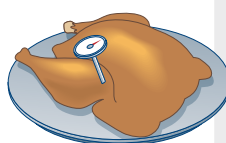
## Prevent Cross Contamination

- Wash your hands before working with each food.
- Do not handle, prepare or serve food if you are sick.
- Use different cutting surfaces to keep raw and ready-to-eat food separate.
- Wash, rinse and sanitize equipment and work surfaces after each task.
- Store raw food below cooked and ready-to-eat foods in the refrigerator.
- Keep food covered.



## Cooking and Control Temperatures

- Keep the internal temperature of hot foods at **60°C**, 140°F, or hotter.
- Keep the internal temperature of cold foods at **4°C**, 40°F, or colder.
- Always use a food thermometer to measure the internal temperature of hazardous foods (see below).

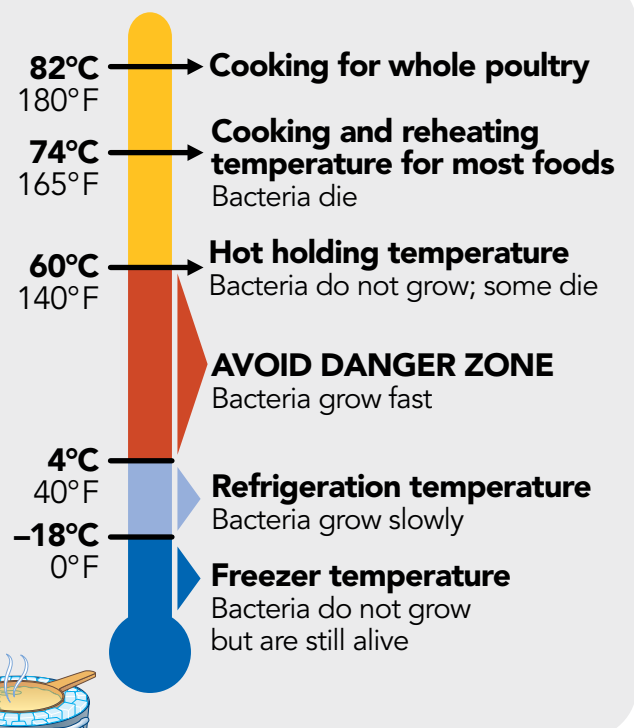
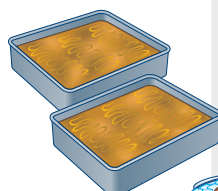


## Cook and re-heat food to the required minimum internal temperature to keep it safe

- Always check the minimum internal cooking and re-heating temperature for each food with a food thermometer.

## Cool foods rapidly

- Cool foods to an internal temperature of **4°C**, 40°F, or lower quickly.
- To cool solid foods quickly, divide the food into smaller portions and refrigerate immediately.
- To cool liquid foods quickly, use an ice bath.



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For more information visit [peelregion.ca](http://peelregion.ca) or call Peel Public Health **905-799-7700**, toll-free **1-888-919-7800**, and ask to speak with a Public Health Inspector.



**Peel Region**  
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