



## Safe Food Handling

**Did you know that 4 million Canadians will suffer from food poisoning this year?**

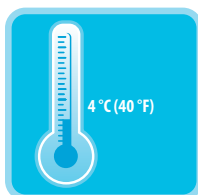
Although most people fully recover, food poisoning can result in long-term health problems such as chronic arthritis and kidney failure; and sometimes even death.

You can protect yourself and your loved ones by taking simple, yet effective, steps when handling, storing, preparing and shopping for food.



### Separate

Make sure to always separate your raw foods, such as meat and eggs, from cooked foods, fruit, and vegetables to avoid cross-contamination.



### Chill

Always refrigerate food and leftovers within two hours. Set the internal temperature of the refrigerator at 4°C (40°F) or below, and use an appliance thermometer to monitor it.



### Clean

Wash your hands, kitchen surfaces, utensils, and reusable shopping bags often with warm, soapy water to eliminate bacteria.



### Cook

Always cook food to a safe internal temperature, using a digital food thermometer.

Learn more by visiting [HealthyCanadians.gc.ca/foodsafety](https://www.healthycanadians.gc.ca/foodsafety)  
or by calling **1 800 O-Canada**.



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