



# Public Service Announcement

## Four steps to food safety during the holidays

**Start Date:** December 17, 2018

**End Date:** January 2, 2019

**Nunavut-Wide**

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This holiday season, the Government of Nunavut Department of Health reminds everyone the importance of proper food handling.

There are four easy steps to ensure you are handling food properly and safely:

- **Wash!**
  - Wash your hands with warm soapy water before and after handling food, after touching pets, smoking or using the washroom.
  - Clean and sanitize cutting boards, countertops and utensils.
  - All fresh fruits and vegetables need to be washed before preparing or serving.
- **Separate!**
  - Keep raw meat, poultry, seafood and their juices separate from ready to eat foods.
  - Use separate cutting boards for produce and vegetables, and meat, poultry and seafood.
- **Cook!**
  - Harmful germs can live on certain foods if they are not cooked properly.
  - Store-bought meat and poultry, egg dishes, casseroles and leftovers should always be cooked so that the internal temperature is high enough to kill germs. For example, 82°C (180°F) for whole turkey or chicken.
  - Cook ground meat thoroughly until juices run clear.
  - Bring sauces, soups and gravies to a boil when reheating.

