



Public Service Announcement

Four steps to food safety

Start Date: October 9, 2018

End Date: October 12, 2018

Nunavut-wide

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The Department of Health would like to remind everyone of the importance of food safety this Thanksgiving weekend.

Here are four easy steps to handle food properly:

- **Wash:**

- Wash your hands with soap in warm water before and after handling food.
- Clean and sanitize cutting boards, countertops and utensils.
- Wash fresh fruits and vegetables before preparing or serving.

- **Separate:**

- Keep raw meat, poultry, seafood and their juices separate.
- Never place cooked food on unwashed plates.
- Use different cutting boards: one for vegetables and produce, and one for raw meat, poultry or seafood.

- **Cook:**

- Cook food at temperatures that completely kill harmful bacteria:
 - Beef, Pork & Lamb: 71°C (160°F)
 - Chicken & Turkey: 85°C (185°F)
 - Fish & Shellfish: 74°C (165°F)
 - Leftovers and Casseroles: 74°C (165°F)
- Poultry, egg dishes, casseroles and leftovers should always be cooked or reheated to kill germs.
- Thoroughly cook ground meat until the juices run clear.
- Bring sauces, soups and gravies to a boil when reheating.



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Building *Nunavut* Together
Nunavut iuuqatigiingniq
Bâtir le *Nunavut* ensemble

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- **Chill:**
 - Don't leave food at room temperature to avoid harmful bacteria growth.
 - Put foods that are likely to spoil in the refrigerator or freezer immediately after purchase.
 - Thaw food in the refrigerator at 4°C, or under cool running water (thawing in a refrigerator may require two days to fully thaw, so pre-planning is critical). Never thaw at room temperature.
 - Refrigerate or freeze perishable food or prepared food (like takeout and leftovers) within two hours.

For more information, contact your [regional environmental health officer](#).

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