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Nunavut

Public Service Announcement

Holiday food safety reminder

Start Date: **December 15, 2025**
End Date: **January 4, 2025**
Nunavut-wide **90 sec**

This holiday season, the Department of Health wishes to remind Nunavummiut of the importance of proper food handling, during the holidays and throughout the year.

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, touching pets, smoking, or using the washroom.
  - Wash all fresh fruits and vegetables before preparing or serving.
  - Clean and sanitize cutting boards, countertops, and utensils with a kitchen sanitizer (as directed) or a bleach solution (5 mL/ 1 tsp bleach to 750 mL/ 3 cups of water). Rinse all items carefully with water.

- **Separate**
  - Keep raw meat, poultry, seafood and their juices separate from ready-to-eat foods.
  - If possible, use separate cutting boards for produce, meat, poultry and seafood. Make sure to clean cutting boards thoroughly between uses.

- **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 a whole turkey or chicken.
  - Cook ground meat thoroughly until juices run clear.
  - Bring sauces, soups and gravies to a boil when reheating.

- **Chill**
  - Don’t let food sit out or thaw at room temperature to keep harmful germs from growing quickly.
  - Put food that is likely to spoil in the refrigerator or freezer immediately after purchase.
  - Serve food right away and refrigerate or freeze perishable or prepared food, like takeout and leftovers, within two hours.

For more information, contact your environmental health officer, or visit the Government of Nunavut website for resources.

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