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Building Nunavut Together
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Nunavut

Public Service Announcement

Food safety reminder

Start Date: **October 10, 2025**
End Date: **October 15, 2025**
Nunavut-wide **90 sec**

This Thanksgiving, the Department of Health wants to remind Nunavummiut of the importance of proper food handling, during the holiday 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.

If you have more questions, contact your local Environmental Health Officer or visit the GN website for resources.

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