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Building Nunavut Together
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Public Service Announcement

Four steps to food safety

Start Date: October 9, 2018
End Date: October 12, 2018
Nunavut-wide **75 sec**

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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- **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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