

Is it food poisoning?

- Nausea, vomiting, diarrhea, and abdominal cramping are the most common symptoms of food poisoning. These symptoms can occur within a few hours to up to several days after eating contaminated food. If you have difficulty breathing, swallowing, or if you develop paralysis or double vision, you should seek medical attention immediately.



Chemical storage

- Household chemicals like cleaning products should be stored separately from food. Pesticides should not be stored in the kitchen.

If your power is off

A chest or upright freezer:

- A full freezer will keep food frozen for about 2 days, if you keep it closed.
- A half-full freezer will keep food frozen for 1 day if you keep it closed.

A refrigerator:

- Without power, the refrigerator section will keep food cool for 4 to 6 hours, depending on how warm the kitchen is. If you open the refrigerator door, this time will be shortened.
- Food that is partially thawed can be safely refrozen (it should contain ice crystals). Food that is fully thawed but is still cold can be cooked and eaten. Food that has been warm for two or more hours should be discarded. Discard any food with a strange colour or odour.

Kingston	Napanee	Cloyne	Sharbot Lake
221 Portsmouth Ave. Kingston, ON K7M 1V5	41 Dundas St. W Napanee, ON K7R 1Z5	14209 Hwy. 41 P.O. Box 59 Cloyne, ON K0H 1K0	1130 Elizabeth Street P.O. Box 149 Sharbot Lake, ON K0H 2P0
Tel: 613-549-1232 Fax: 613-549-7738	Tel: 613-354-3357 Fax: 613-354-6267	Tel: 613-336-8989 Fax: 613-336-0522	Tel: 613-279-2151 Fax: 613-279-3997



Safe Food Handling





Thousands of people in Ontario suffer from food poisoning each year.

Food poisoning can occur when people eat food containing pathogenic (illnesses causing) bacteria, viruses, parasites, moulds, or chemicals. Bacteria, viruses, and parasites can be found in raw foods such as meats, poultry, fish, and unpasteurized milk, as well as on raw fruits and vegetables. Contaminated foods may not look, smell, or taste different, so it is important to handle all food safely.

The good news is that most cases of food poisoning can be avoided if food is handled properly.

How long will it keep?

- Follow the chart for recommended storage times for keeping foods in the refrigerator or freezer. Follow the manufacturers “best before date” that is stamped on the package.
- These dates apply to the unopened product. Once a package has been opened the shelf life may be shortened.

When in doubt, throw it out!

- Never taste a food that looks or smells bad. Throw it out.



Storage Chart for refrigerators and freezers:

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
Meat (Fresh)			Meat (Processed)	
• Ground meat	1-2 days	2-3 months	• Bacon	6-7 days
• Roasts	3-4 days	8-12 months	• Wieners, unopened	Best before date
• Steaks	2-3 days	8-12 months	• Wieners, opened	7 days
• Variety meats	1-2 days	3-4 months	• Lunch/deli meats	3-5 days
Poultry (Fresh)			• Ham, whole	6-7 days
• Ground chicken	1-2 days	2-3 months	• Sausages, smoked	7 days
• Ground turkey	1-2 days	2-3 months	Dairy	
• Whole	3-4 days	1 year	• Butter, unopened	8 weeks
• Parts	3-4 days	6 months unsalted	1 yr.
• Giblets	2 days	3-4 months opened	3 weeks
• Duck, goose	1-2 days	3 months	• Cheese	
Fish (Fresh)			-Firm, unopened	3-6 months
• Live crab, lobster	12-24 hours	 opened	3-4 weeks
• Live mussels, clams	12-24 hours		-Soft, unopened	Best before date
• Scallops, shrimp	1-2 days	2-4 months opened	1 week
• Fish, fatty	2-3 days	2 months	-Processed, unopened	3 months
• Fish, lean	2.3 days	6 months opened	3-4 weeks
• Fish, cooked	1-2 days		-Cottage, opened	1 week
Meat, Poultry (Cooked)			-Cream, opened	1 week
• All meat	3-4 days	2-3 months	• Yogurt, unopened	Best before date
• Poultry	3-4 days	1-3 months opened	7-10 days
• Casseroles	2-3 days	3 months		
• Meat sauces	2-3 days	3 months		
• Soups	2-3 days	3 months		



Reheat

- Reheat leftovers quickly to the original cooking temperature.

When you handle leftovers

Cool foods quickly:

- Divide foods into smaller portions for quicker cooling. Place foods in shallow containers 5 to 10 cm (2 to 4 inches) deep.
- For stuffed poultry or meats, remove the stuffing and refrigerate in a separate container.
- Cool foods in the refrigerator, leaving plenty of air space around the containers. Don't leave foods out at room temperature to cool.

Is it mouldy?

- Moulds can produce invisible mycotoxins (poisons) that can penetrate deep into some foods. If a food appears mouldy, it is best to throw it out. You can safely remove mould from the surface of very hard cheeses if you remove at least 2.5 cm (1 inch) of the surrounding cheese with it.



When you shop

Buy cold food last and get it home fast:

- When you buy your groceries, purchase cold and frozen foods last. Take food home right away and put it in the refrigerator. Never leave food in a hot car!
- Buy food that is in good condition. Make sure refrigerated food is cold, and frozen foods are frozen solid. Canned goods should be free of dents, cracks, or bulging lids which can indicate a serious food poisoning threat.
- Do not buy anything you cannot use before the "best before" date or vacuum-packed products that have lost their seal (including a popped bottle lid).

When you store food

Keep food safe and refrigerate:

- Keep perishable foods in the refrigerator or freezer. The refrigerator should maintain a safe food storage temperature of 4°C (40°F) or less. You should use a thermometer to check the temperature of your refrigerator.
- Freeze fresh meat, poultry, or fish immediately if you cannot use it within a few days.
- Put packages of raw meat, poultry, or fish on plates or in containers before refrigerating to ensure their juices don't drip onto other foods. The juices of these products often contain pathogenic (illnesses causing) bacteria. Keep foods separate from foods that are ready to eat.

When you prepare food

Keep clean:

- Always wash your hands with warm water and soap before preparing food. Wash your hands again after preparing foods.
- Keep work surfaces, utensils, as well as kitchen towels and cloths clean as they can harbour bacteria and viruses.

Thaw food safely:

- Thaw food in the refrigerator, not on the counter. Bacteria can grow quickly at room temperature.
- You can thaw foods in the microwave oven, if you are going to cook them immediately after thawing. Be sure to use microwave safe containers.



Marinate safely:

- Foods that are marinating should be kept in the refrigerator. Do not use marinate from the raw product on the cooked product unless it is cooked to a safe temperature first.

Avoid cross-contamination:

- Don't use the same utensils, plates, or cutting boards for raw and cooked foods.
- Thoroughly wash all utensils after contact with raw foods.

When you're cooking

Cook thoroughly:



Internal Food Cooking Temperatures (Use a thermometer to check)

Product	Celsius	Fahrenheit
Ground beef, veal, lamb, or pork	71°	160°
Ground poultry	74°	165°
Poultry pieces	74°	165°
Whole poultry	82°	180°
Pork or pork products	71°	160°
Food mixtures containing egg, meat, poultry, fish, or other hazardous food	74°	165°

REHEATING: Food must be reheated to the original cooking temperature within 2 hours, except for whole poultry which can be reheated to 74°C (165°F).

Microwave safely:

The microwave oven can cook foods unevenly, leaving cold spots that allow bacteria to survive. To cook foods safely in a microwave oven be sure to:

- Cover food with a lid or plastic wrap that is safe for microwaving. The steam can help thorough cooking. Leave a small section uncovered so steam can escape, and do not let the wrap touch the food.
- Stir and rotate for even cooking. If there is no turntable in the oven, rotate the dish by hand once or twice during cooking.
- Follow the 'standing time' called for in the directions. Food finishes cooking during this time.
- Use a thermometer to check that the food is done. Insert it in several spots.



When you serve food

Never leave it out for more than two hours:

- Serve food on clean dishes, not those you used to prepare food.
- Never leave perishable food out of the refrigerator for more than 2 hours. Bacteria that cause food poisoning grow quickly at warm temperatures.
- When travelling or packing lunches, use ice packs and insulated carriers or coolers to keep food cold.
- Party time? Keep cold party food on ice or serve it on platters from the refrigerator.
- If you are serving hot foods, they should be kept at 60°C (140°F) or hotter.

The Two-Hour Rule
Refrigerate or freeze perishables, prepared food and leftovers quickly. Discard food left at room temperature longer than two hours.