
Food Safety : Reduce the risk of foodborne illness

This fact sheet provides basic information only. It must not take the place of medical advice, diagnosis or treatment. Always talk to a healthcare professional about any health concerns you have, and before you make any changes to your diet, lifestyle or treatment.

Reduce the risk of foodborne illness by following these four simple steps :

Clean

Wash hands, utensils and surfaces with hot soapy water before, during and after preparing foods. Sanitize countertops, cutting boards and utensils with a mild bleach and water solution. Wash all produce thoroughly before eating or cooking.

Separate

Keep raw meats and poultry away from other foods during storage and preparation. Keep separate cutting boards for raw meats and vegetables. Always keep foods covered.

Cook

Cook food thoroughly -- cooking times and temperatures vary for different meat and poultry. Prepare foods quickly, and serve immediately so foods don't linger at room temperatures where bacteria can grow.

Chill

Refrigerate or freeze perishables, prepared food and leftovers within two hours. Make sure the refrigerator is set at a temperature of **4°C (40°F)**, and keep the freezer at **-18°C (0°F)**.

This message is provided in cooperation with the Canadian Partnership for Consumer Food Safety Education's **FightBAC !™** campaign.

Government of Ontario

For information about health services and resources :

www.health.gov.on.ca

For consumer-friendly health tips and information :

www.HealthyOntario.com

INFOline: 1-877-234-4343;

TTY: 1-800-387-5559

Telehealth Ontario:

1-866-797-0000; TTY 1-866-797-0007

INFOline is open during business hours and can provide general information on healthcare.

Telehealth Ontario is a 24/7 service which uses nurse practitioners to answer your immediate health concerns.