



Mrs. Cookwell's Steamin' Hot

Food Safety Tips



CANADIAN PARTNERSHIP FOR
CONSUMER FOOD SAFETY EDUCATION
PARTENARIAT CANADIEN POUR
LA SALUBRITÉ DES ALIMENTS

www.CanFightBAC.org

When you're moving into your own place for the first time, here are some kitchen tools you'll need to handle foods safely.

Mrs. Cookwell's Kitchen Food Safety Tools – The Basic Starter Kit

Must Haves:

- **Digital Food Thermometer** (about \$15) – Use to check the doneness of foods near the end of cooking. Available at hardware stores (like Home Hardware) and cookware stores. These thermometers can be used in all foods - burgers, roasts, chicken pieces and even casseroles while oven-safe meat thermometers are okay just for roasts and whole poultry.
- **Cooking Temperatures Chart (free!)** – The perfect partner for your food thermometer. Download yours at www.canfightbac.org and tape it inside your kitchen cupboard for easy reference.
- **Refrigerator Thermometer** – We take for granted that our fridge is cold enough to keep foods safe, but is it? With a fridge thermometer, you know! Order yours through the consumer products section at www.canfightbac.org or purchase at hardware stores. Set your fridge dial to keep temperatures at 4°C or less.
- **Food Storage Guide (free)** – Download yours at www.canfightbac.org for guidelines on how long you can keep foods in the fridge and freezer.
- **Kitchen Soap** – Keep hand soap in the kitchen and bathrooms and use to wash hands before, during and after food preparation. Keep a nail brush at the sink too.
- **Household Bleach** – Mix 25 mL with 3.750 L water in a sink and use to sanitize washed cutting boards. Rinse off before drying.
- **Insulated Lunch Bag and Ice Pack** - Keep your packed lunch cool - a great way to save money and eat better!
- **Two Cutting Boards** – Mark one for meats and the other, for cooked foods and washed produce. If you can't get two, scrub up your single cutting board and sanitize with bleach solution or wash in the dishwasher.
- **Tea Towels, Hand Towels and Dish Cloths** – Get your hands on plenty if you can and wash them often in hot soapy water.
- **Plastic Wrap and/or Re-useable Sealable Plastic Tubs** – Use either to cover your foods, keeping them safe for fridge or freezer storage.

Nice to Haves:

- **Paper Towels** -Great for one-time use like for wiping raw meat juice off the counter or a spill from the floor – don't use your kitchen towels for that!
- **Spray Bottle** – Clean out an old cleanser bottle to use for a bleach and water spray (5 mL:750 mL). After clean up, use with paper towels to wipe counters, sink, handles on taps, doors and fridge – even the kitchen phone.
- **Large Sealable Freezer Bags or Foil Wrap** – Use either of these for over-wrapping meat before it goes into the freezer. The bags work well for storing washed lettuce and marinating meat too.
- **Cooler** – A cooler goes beyond beer chilling – use when taking hot or cold foods out to a party.