



Cooking Fun for Families Program

Basic Food Safety Guidelines:

PERSONAL HYGIENE

- If you are sick (cold, vomiting or have diarrhea) do not attend the community kitchen. If you must come, do not cook. You may contaminate the food you are cooking. Perhaps you can help with the clean up.
- Always tie your long hair back or wear a hat or head covering while cooking
- Wash your hands when you first get to the kitchen
- Wash your hands when you switch working from raw meats to vegetables or fruits
- Wash your hands anytime your hands become self-contaminated. For example after sneezing and coughing into your hand or after using the washroom
- Don't handle food with open sores and cuts on your hand. Thin plastic gloves are the best solution in this case

YOUR CLOTHING

- Pull up your sleeves to prevent your clothing from contaminating the food
- Wear a clean apron

THE FOOD

- If a can is leaking, rusted or badly dented, do not open it. Throw it away. The contents may make you sick
- After use, immediately wash any board and knife used for raw meat. Wash your hands too
- Cool food as quickly as possible before putting it into containers to take home. This can be done by putting it into shallow containers, and stirring regularly. Placing the pot or pan into an ice bath also works well
- Foods should be refrigerated or frozen as soon as possible. Bacteria will grow if food is left out at room temperature
- It is recommended that cooked meals can be kept up to 3 days in the refrigerator and up to three months in the freezer
- When reheating meals at home, be sure and get the food up to the proper temperature – the food should be steaming hot
- Thaw frozen foods in the fridge, microwave oven or in cold running water. Not on the kitchen counter