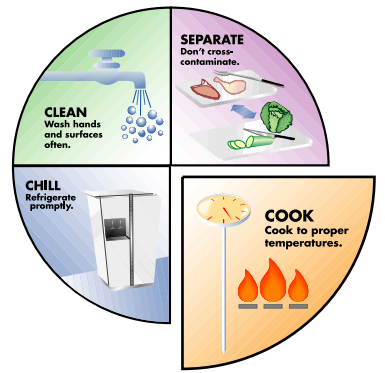


# A Fight Bac!™

## Focus on

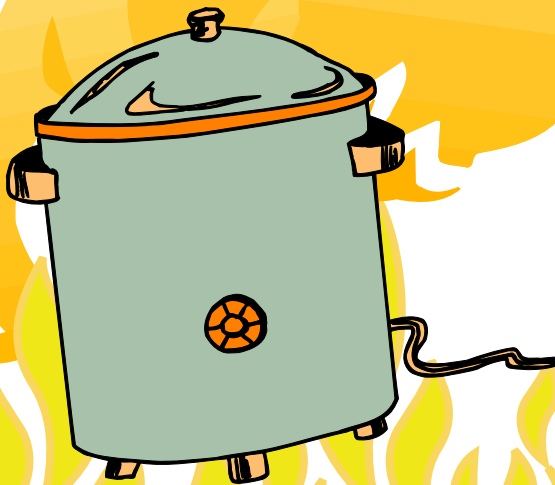
# COOK



Cook to proper temperatures. Cooking times vary for meats, poultry and fish. Following cooking, keep foods out of the “danger zone” (4°C to 60°C or 40°F to 140°F) by preparing them quickly and serving them immediately.

**Keep it  
hot, hot, hot!**

When serving hot food buffet-style, keep it hot (at 60°C or 140°F) with chafing dishes, crock pots and warming trays.



**Hot Tip:**  
When eating out,  
return any  
undercooked food for  
additional cooking.





## Cook it Right:

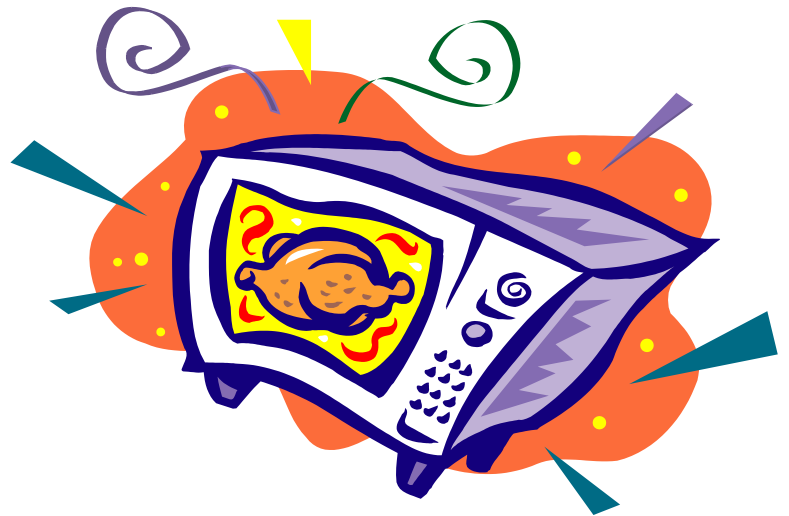
Foods are properly cooked when they are heated for a period of time at a high enough temperature to kill harmful bacteria that can cause foodborne illness.

Keep all soups, chili and hot dips piping hot before serving. If you're travelling to a party or to work, keep hot foods hot in an insulated thermal container.

## Sizzling Cooking Tips:

When cooking in a microwave oven, make sure the food is cooked thoroughly. For best results, cover food, stir and rotate for even cooking and follow suggested standing times.

Use a clean thermometer which measures the internal temperature of cooked foods, to make sure meat, poultry, egg dishes, casseroles and other foods are cooked all the way through. Insert the thermometer in different spots to ensure even cooking. Wash your food thermometer with hot soapy water before using it again. Sanitize it for the safest results.



## Cook to Safe Temperatures:

Contact Your Local Health Authority for safe internal temperatures or visit:

Beef Information Centre at [www.beefinfo.org](http://www.beefinfo.org)

Canada Pork at [www.canpork.ca](http://www.canpork.ca)

Chicken Farmers of Canada at [www.chicken.ca](http://www.chicken.ca)

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