

Food Poisoning



Food poisoning is caused by bacteria. Bacteria can grow if food is not handled or cooked properly. Food poisoning rarely causes death, but it can make you very sick, with symptoms like nausea, stomach cramps, diarrhea, vomiting and fever. The best way to stay safe from food poisoning is PREVENTION!



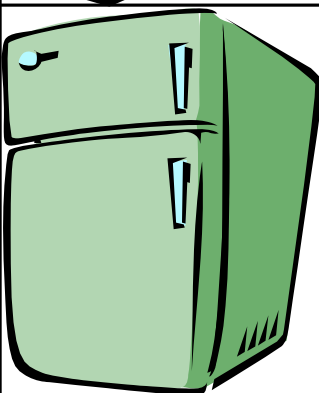
When shopping for food:

- Always check expiration and “best before” dates on foods before buying them
- Do not buy canned food with dents, bulges, or leaks. These are signs that the contents may have been exposed to bacterial growth, which is very dangerous
- Pick up meat, fish, and poultry last. It is generally only safe for a one hour window between the store freezer and your refrigerator or freezer at home
- Have meat and poultry wrapped separately from other foods in plastic bags so that the juices don’t contaminate other foods

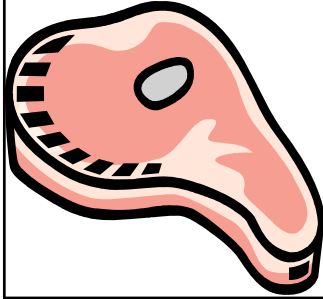


Storing foods:

- Keep foods chilled, and ensure the refrigerator is set to 4°C (40°F)
- Your freezer should be set at -17.7°C (0°F)
- Put leftovers in the refrigerator as soon as you finish eating. Don’t leave leftovers sitting on counters
- Throw out any food that has been left out longer than 2 hours
- Freeze meat, poultry, and fish immediately if you don’t plan to eat it within a few days
- Before refrigerating, put packages of raw meat, poultry, and fish onto a plate so the juices don’t drip onto other foods



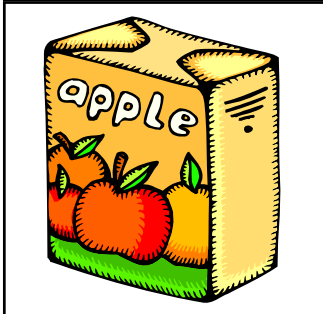
If you suspect a poisoning has occurred, contact the Poison Centre immediately by dialing 1-800-565-8161
In case of emergency, dial 911



How long is it safe to store foods?

Use the following guidelines for refrigerating foods:

- Hamburger (ground) 1-2 days
- Steaks, chops, roasts 3-5 days
- Uncooked chicken 1-2 days
- Juice (opened) 7-10 days
- Juice (unopened) 3 weeks

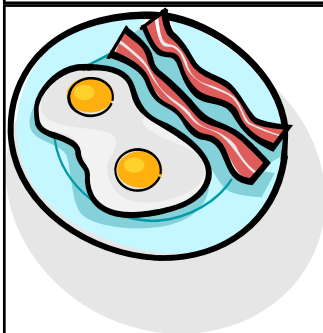


When in doubt, **THROW IT OUT!**

Preparing/Cooking Food:



- Wash hands, utensils, cutting boards and counters with warm soapy water before and after handling raw foods
- Use a separate cutting board for meat, fish, and poultry
- Wash all fruits and vegetables before eating, and keep them separate from raw meats
- Do not eat raw or undercooked meat, poultry, or eggs
- Cook red meat until it is brown inside, poultry until the juices are clear, fish until it flakes with a fork, and eggs until the white and yolk are firm, not runny



Serving/Cleaning up:

- As soon as you finish eating, refrigerate or freeze any leftover foods
- Never leave cooked foods at room temperature longer than 2 hours (1 hour on hot days)
- Use or freeze all leftover foods within 3 days



For more food safety information visit
www.foodsafety.gc.ca



**If you have any questions, contact the Poison Centre 24 hours a day
by dialing 1-800-565-8161**