How’s your food safety savvy?

Canada’s food supply is one of the safest in the world and Canadians should be proud. However, food safety doesn’t just happen, many people play a vital role in keeping our food safe—farmers, fishermen, processors, grocers and you, the consumer.

According to Health Canada, an estimated two million Canadians are affected each year by foodborne illness—commonly known as food poisoning. Many cases go unreported because the symptoms resemble other digestive illnesses. Unsafe food handling practices in the home are a leading cause of foodborne illness.

Research and technological advances over the past 25 years have led to many changes in farming, food processing and eating habits. Unfortunately, in many cases, the way consumers prepare and handle food has changed very little.

Food handling practices, which have been in the family for years, may be leaving you exposed to foodborne illness.

It’s time to FightBAC!™—eliminate the bacteria responsible for foodborne illness.

FightBAC!™ is a national awareness campaign designed to educate everyone about food safety. Assess your current food safety habits and compare them to the FightBAC!™ messages—Clean, Separate, Cook and Chill. Then tell your friends, children and grandchildren and encourage them to join you in the national effort to FightBAC!™.

Why older adults must FightBAC!™

Age brings experience and wisdom. Age also increases the risk of foodborne illness.

Everyone’s health is different, including our ability to fight off disease, but as we age:

- immune systems weaken and our ability to fight illness is not as strong or efficient
- stomach acid decreases (stomach acid plays an important role in reducing the number of bacteria in our intestinal tracts)
- sensory losses (sight, smell and taste) may diminish our ability to detect food spoilage
- the risk of chronic illness increases—diabetes, some cancer treatments, and kidney disease may increase a person’s risk of acquiring foodborne illness

Foodborne illness can be deadly!

In general, foodborne illness is not long lasting, but in some cases it can be severe, even deadly.

- Older adults, young children, pregnant women and people with weakened immune systems are more susceptible to severe bouts of foodborne illness.
- Foodborne illness occurs when a person eats food contaminated with microscopic, disease-causing organisms, such as bacteria, viruses and parasites.
- The most common symptoms may include stomach cramps, nausea, vomiting, diarrhea, headache and fever, or any combination of these.
- These symptoms can occur several hours or several days after eating contaminated food.
- Symptoms will vary according to the type and amount of bacteria, viruses and parasites present in the food.
- The good news—foodborne illness can be prevented. Make sure you’re up-to-date on how to FightBAC!™.
At room temperature, bacteria in food can double every 20 minutes. Freezing foods or storing them at cold temperatures won't kill the bacteria, but it will prevent most types from multiplying.

It is essential to refrigerate or freeze perishable foods, prepared foods and leftovers within 2 hours of purchase or consumption. The fewer bacteria—the less likely you will become ill.

Here’s how to FightBAC™

- Wash your hands for 20 seconds with soap and warm water before and after handling food, using the bathroom and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with soap and warm water after preparing each food item and before you go on to the next food.
- Once cutting boards (including plastic, non-porous, acrylic and wooden boards) become excessively worn or develop hard-to-clean grooves—replace them.
- Wash cloth tea towels and dish cloths in the hot cycle of a washing machine. Consider using paper towels to clean kitchen surfaces.
- For added protection, use a commercial kitchen sanitizer as directed or make your own bleach solution. Mix 5 mL (1 tsp) of household bleach to 750 mL (3 cups) of water.

- Occasionally sanitize cutting boards by flooding the board with the bleach solution. Let it stand a few minutes and then rinse thoroughly with clean, potable, running water.

Keep Hot Foods Hot & Cold Foods Cold!

- Use a cooler with ice to transport food in the car.
- Use ice packs or frozen drinking boxes to keep lunches cool.
- Use insulated bags or hot packs in coolers to transport hot food. It may be necessary to reheat items to a safe internal temperature when you reach your destination.

Bacteria can be present throughout the kitchen—on cutting boards, utensils, sponges and counter tops. Meat, poultry, seafood, eggs, fruits and vegetables may carry bacteria responsible for foodborne illness and as you handle them you can cross-contaminate other foods and working surfaces.

Here’s how to FightBAC™

- Wash your hands under clean, potable, running water.
- Use a vegetable scrub brush on produce with a firm skin such as carrots, potatoes, melons and squash.
- Always wash produce, such as squash, melons and oranges, even if you don’t eat the outer rind. Bacteria on the outer surface can be transferred to the inner flesh when the item is cut or peeled.
- Discard outer leaves of leafy vegetables and wash produce thoroughly under clean, potable, running water—making sure all dirt has been removed.

Do not use detergent or bleach on fruit and vegetables. Porous produce can absorb these products and neither detergent nor bleach is intended for use on foods.

Clean, potable, running water and a vegetable scrub brush are sufficient for cleaning produce.

Proper hand washing may eliminate nearly half of all cases of foodborne illness and significantly reduces the spread of the common cold and flu.
Cross-contamination is the process of spreading bacteria from one product to another. Bacteria can be spread to food by coming into direct contact with contaminated food, kitchen utensils or counter surfaces. This is especially important when handling raw meat, poultry and seafood. Keep these foods and their juices separate from other foods.

Here’s how to **FightBAC™**

- Separate raw meat, poultry and seafood from other foods in your grocery cart and in your refrigerator.
- Use two cutting boards, one for raw meat, poultry and seafood, and a second one for washed, fresh produce and other ready-to-eat foods. The use of separate cutting boards is common practice in commercial kitchens and should be in the home as well.
- Always wash hands, cutting boards, dishes, knives and utensils with soap and warm water after they come in contact with raw meat, poultry, seafood, eggs and unwashed fresh produce.
  - Always place cooked food on a clean plate. Do not use an unwashed plate as bacteria from the raw food will contaminate your cooked food.

**Board Games**

**plastic vs wood**

There is no evidence to support one type of cutting board—hard wood or plastic—over the other, but the following advice will help keep them free of bacteria:

- Use two cutting boards—one for raw meat, poultry and seafood and one for washed fresh produce and ready-to-eat foods
- Wash with soap and warm water after each use
- Use a bleach solution to kill microbes; then rinse well and air dry or dry with a clean cloth
- Replace boards or sand wooden boards when they become grooved and worn

Food safety experts agree foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill harmful bacteria responsible for foodborne illness.

Here’s how to **FightBAC™**

- Use a clean food thermometer, which measures the internal temperature of cooked foods, to make sure meat, poultry, casseroles and other foods are properly cooked all the way through.
  - Fish should be opaque and flake easily with a fork.
  - Eggs should be cooked thoroughly to proper temperature.
  - When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. To do this, cover food, stir and rotate the dish by hand once or twice during cooking—unless you have a turntable in the microwave. Allow for standing time. All of these steps are necessary for thorough cooking or reheating of food. Use a food thermometer to make sure foods have reached a safe internal temperature.

**Reheating leftovers**

- Reheat solid foods quickly to an internal temperature of at least 74°C (165°F).
- Reheat and stir soups, stews, sauces and gravies to a rolling boil.
- Follow the microwave manufacturer’s instructions when reheating leftovers, since microwaves vary.
- Discard unused portions of reheated leftovers.
- NEVER use your nose, eyes or taste buds to judge the safety of food. You cannot tell if a food may cause foodborne illness by its smell, look or taste.
  - **“If in doubt, throw it out!”**

**Separate**

**Don’t cross-contaminate**

**At the grocery store**

- In the grocery cart, be careful juice from raw meat, seafood or poultry does not drip onto other foods. Place them in a plastic bag before placing in your cart.
- Don’t allow raw meat, seafood or poultry to be bagged with other groceries.
- If you find juice dripping from raw meat, poultry or seafood on display in the grocery store, tell a manager. Food safety is everyone’s responsibility.

**In your refrigerator**

- Place raw meat, seafood and poultry in a container on the bottom shelf of your refrigerator so it cannot drip onto other foods.

**Cook**

**“I never use a thermometer.”**

**Does this sound familiar?**

While there are many ways to test when meat, poultry and seafood are done (juices run clear, meat falls off bone, meat patties are brown), or when casseroles are properly reheated (casserole is hot and bubbling) these methods can be misleading. To ensure food has been cooked to a safe temperature, use a food thermometer. A variety of food thermometers are available, but the easiest to handle is a digital model. They are easy to read, provide quick readings and can be used at various stages of cooking. Always wash thermometers between readings! Keep your food thermometer handy and use it …

- **It’s worth the effort!**
## Safe thawing

Food should not be thawed at room temperature.

Three acceptable ways to safely thaw foods are: in a refrigerator, in a microwave or immersed in cold water.

- Generally, it will take five hours to thaw half of a kilogram or one pound of meat or poultry in a refrigerator.
- When thawing by microwave, cook the food immediately following the thawing process.
- If you thaw food using cold water, keep the food in its original wrapping and change the water every half hour to ensure the water remains cold. If raw meat comes in contact with sinks and kitchen surfaces, remember to wash them immediately.

<table>
<thead>
<tr>
<th>Ground Meat</th>
<th>Recommended internal cooking temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, pork, veal</td>
<td>71°C (160°F)</td>
</tr>
<tr>
<td>Chicken, turkey</td>
<td>80°C (176°F)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fresh Beef</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Rare</td>
<td>60°C (140°F)</td>
</tr>
<tr>
<td>Medium</td>
<td>71°C (160°F)</td>
</tr>
<tr>
<td>Well done</td>
<td>77°C (170°F)</td>
</tr>
<tr>
<td>Rolled beef roasts or steaks</td>
<td>71°C (160°F)</td>
</tr>
<tr>
<td>Beef minute steak</td>
<td>71°C (160°F)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fresh Pork</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork chops</td>
<td>71°C (160°F)</td>
</tr>
<tr>
<td>Roasts</td>
<td>71°C (160°F)</td>
</tr>
<tr>
<td>Fresh cured ham</td>
<td>71°C (160°F)</td>
</tr>
<tr>
<td>Cooked ham (to reheat)</td>
<td>60°C (140°F)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poultry</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, turkey—whole, stuffed</td>
<td>82°C (180°F)</td>
</tr>
<tr>
<td>Chicken—whole, unstuffed</td>
<td>82°C (180°F)</td>
</tr>
<tr>
<td>Turkey—whole, unstuffed</td>
<td>77°C (170°F)</td>
</tr>
<tr>
<td>Chicken, turkey—pieces</td>
<td>77°C (170°F)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stuffing</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked alone</td>
<td>74°C (165°F)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Eggs &amp; Egg Dishes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg casseroles, sauces, custards</td>
<td>71°C (160°F)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Leftovers—reheated</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>74°C (165°F)</td>
</tr>
</tbody>
</table>

Thanks to the following industry groups for their input to the cooking chart:

- Beef Information Centre
- Canadian Egg Marketing Agency
- Canadian Pork Council
- Canadian Turkey Marketing Agency
- Chicken Farmers of Canada
## Storage Chart

### For refrigerators and freezers

<table>
<thead>
<tr>
<th>Item</th>
<th>Refrigerator 4°C (40°F)</th>
<th>Freezer -18°C (0°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fresh Meat</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef—steaks, roasts</td>
<td>2-4 days</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Pork—chops, roasts</td>
<td>2-4 days</td>
<td>8-12 months</td>
</tr>
<tr>
<td>Lamb—chops, roasts</td>
<td>2-4 days</td>
<td>8-12 months</td>
</tr>
<tr>
<td>Veal roasts</td>
<td>3-4 days</td>
<td>8-12 months</td>
</tr>
<tr>
<td>Ground meat</td>
<td>1-2 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td><strong>Fresh Poultry</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken, turkey—whole</td>
<td>2-3 days</td>
<td>1 year</td>
</tr>
<tr>
<td>Chicken, turkey—pieces</td>
<td>2-3 days</td>
<td>6 months</td>
</tr>
<tr>
<td><strong>Fresh Fish</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lean fish (i.e., cod, flounder)</td>
<td>3-4 days</td>
<td>6 months</td>
</tr>
<tr>
<td>Fatty fish (i.e., salmon)</td>
<td>3-4 days</td>
<td>2 months</td>
</tr>
<tr>
<td>Shellfish (clams, crab, lobster)</td>
<td>12-24 hours</td>
<td>2-4 months</td>
</tr>
<tr>
<td>Scallops, shrimp, cooked shellfish</td>
<td>1-2 days</td>
<td>2-4 months</td>
</tr>
<tr>
<td><strong>Ham</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canned ham</td>
<td>6-9 months</td>
<td>Don’t Freeze</td>
</tr>
<tr>
<td>Ham, fully cooked (half &amp; slices)</td>
<td>3-4 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td><strong>Bacon &amp; Sausage</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>1 week</td>
<td>1 month</td>
</tr>
<tr>
<td>Sausage, raw (pork, beef, turkey)</td>
<td>1-2 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Pre-cooked, smoked links or patties</td>
<td>1 week</td>
<td>1-2 months</td>
</tr>
<tr>
<td><strong>Leftovers</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked meat, stews, egg or vegetable dishes</td>
<td>3-4 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Gravy &amp; meat broth</td>
<td>1-2 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Cooked poultry and fish</td>
<td>3-4 days</td>
<td>4-6 months</td>
</tr>
<tr>
<td>Soups</td>
<td>2-3 days</td>
<td>4 months</td>
</tr>
<tr>
<td><strong>Hot Dogs &amp; Lunch Meats</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hotdogs</td>
<td>2 weeks</td>
<td>1-2 months</td>
</tr>
<tr>
<td>opened</td>
<td>1 week</td>
<td></td>
</tr>
<tr>
<td>Lunch meats</td>
<td>2 weeks</td>
<td>1-2 months</td>
</tr>
<tr>
<td>opened</td>
<td>3-5 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td><strong>Deli Foods</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deli meats</td>
<td>3-4 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Store-prepared or</td>
<td></td>
<td></td>
</tr>
<tr>
<td>homemade salads</td>
<td>3-5 days</td>
<td>Don’t freeze</td>
</tr>
<tr>
<td><strong>TV Dinners / Frozen Casseroles</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keep frozen until ready to serve</td>
<td></td>
<td>3-4 months</td>
</tr>
</tbody>
</table>

### Eggs

<table>
<thead>
<tr>
<th>Item</th>
<th>Refrigerator 4°C (40°F)</th>
<th>Freezer -18°C (0°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>in shell</td>
<td>3-4 weeks</td>
<td>Don’t Freeze</td>
</tr>
<tr>
<td>out of shell</td>
<td>2-4 days</td>
<td>4 months</td>
</tr>
<tr>
<td>Hardcooked</td>
<td>1 week</td>
<td>Doesn’t freeze well</td>
</tr>
<tr>
<td>Egg</td>
<td>10 days</td>
<td>Don’t freeze</td>
</tr>
<tr>
<td>substitutes</td>
<td>3 days</td>
<td>1 year</td>
</tr>
<tr>
<td>opened</td>
<td>3 days</td>
<td></td>
</tr>
</tbody>
</table>

### Dairy Products

<table>
<thead>
<tr>
<th>Item</th>
<th>Refrigerator 4°C (40°F)</th>
<th>Freezer -18°C (0°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Check best before date</td>
<td>6 weeks</td>
</tr>
<tr>
<td>opened</td>
<td>3 days</td>
<td></td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>Check best before date</td>
<td>Doesn’t freeze well</td>
</tr>
<tr>
<td>opened</td>
<td>3 days</td>
<td></td>
</tr>
<tr>
<td>Yogurt</td>
<td>Check best before date</td>
<td>1-2 months</td>
</tr>
<tr>
<td>opened</td>
<td>3 days</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>soft</td>
<td>1 week</td>
</tr>
<tr>
<td></td>
<td>Doesn’t freeze well</td>
<td>2-3 weeks</td>
</tr>
<tr>
<td></td>
<td>firm</td>
<td>5 weeks</td>
</tr>
<tr>
<td></td>
<td>hard</td>
<td>10 months</td>
</tr>
<tr>
<td></td>
<td>processed</td>
<td>Several months</td>
</tr>
<tr>
<td></td>
<td>opened</td>
<td>3-4 weeks</td>
</tr>
<tr>
<td></td>
<td>opened</td>
<td>3 days</td>
</tr>
<tr>
<td></td>
<td>opened</td>
<td>3-4 weeks</td>
</tr>
<tr>
<td></td>
<td>opened</td>
<td>3 days</td>
</tr>
<tr>
<td></td>
<td>opened</td>
<td>3-4 weeks</td>
</tr>
<tr>
<td></td>
<td>opened</td>
<td>3 days</td>
</tr>
</tbody>
</table>

### Commercial mayonnaise

(refrigerate after opening) | 2 months | Don’t freeze

### Vegetables

<table>
<thead>
<tr>
<th>Item</th>
<th>Refrigerator 4°C (40°F)</th>
<th>Freezer -18°C (0°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, green or waxed</td>
<td>5 days</td>
<td>8 months</td>
</tr>
<tr>
<td>Carrots</td>
<td>2 weeks</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Celery</td>
<td>2 weeks</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Lettuce, leaf</td>
<td>3-7 days</td>
<td>Don’t freeze</td>
</tr>
<tr>
<td>Lettuce, iceberg</td>
<td>1-2 weeks</td>
<td>Don’t freeze</td>
</tr>
<tr>
<td>Spinach</td>
<td>2-4 days</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>1 week</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Squash, winter</td>
<td>2 weeks</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Not recommended</td>
<td>2 months</td>
</tr>
</tbody>
</table>

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Produced by the Canadian Partnership for Consumer Food Safety Education.
For canned food and leftovers

Storing canned food

- Store in cool, clean, dry place.
- Date canned goods at purchase and consume them within 1-2 years or before their “Use by” date if applicable.
- Never use or purchase foods from jars with loose or bulging lids or from bulging, leaking or badly dented cans.

Storing leftovers

- Refrigerate leftovers within 2 hours. Discard if left out for more than 2 hours.
- Never remove a large pot of very hot food (such as soup, stew, or pasta sauce) from the stove and place directly in the refrigerator. Large masses of food can take hours or days to chill properly. A slow cooling process provides an ideal environment for the growth of harmful bacteria.
- Very hot items can be cooled at room temperature for approximately 30 minutes prior to being refrigerated. Frequent stirring or a cold water bath accelerates the cooling at this stage.
- Refrigerate or freeze leftovers in shallow containers and cover once cooled. Food will cool faster in shallow containers.
- Remove bones from large pieces of meat or poultry and divide them into smaller portions before storing.
- Date leftovers to ensure freshness—eat leftovers as soon as possible. Once thawed, leftovers should be eaten within four days.
- Always put leftovers in clean containers and never mix them with fresh food.

Flavoured oils

Homemade flavoured oils are popular and tasty gifts, but they have a limited shelf life of one week and must be kept refrigerated at all times. Oils made with fresh foods such as garlic and herbs pose the greatest risk. These products, often purchased from fairs and farmers’ markets, are frequently sold unrefrigerated. Before purchasing, ensure these oils have been refrigerated and check the preparation date. Do not purchase them if they are more than a week old.

Commercially prepared products stored in oil and containing an acid (such as vinegar) or salt in their list of ingredients are generally considered to be safe. They should be refrigerated after opening and between each use.

Eggs and food safety

Salmonella in Canadian eggs is not very common. When preparing recipes that use eggs, follow these food safety tips:

- Always use fresh, Canada Grade A eggs that have been refrigerated. The “Best before” date on the carton will help determine freshness.
- Ensure the eggs are clean and the shells are not cracked.
- Wash your hands, cooking surfaces and all utensils immediately before and after handling raw eggs.
- Prepare only enough food to be consumed in one sitting.
- Serve all egg-rich products immediately after preparing or store in the refrigerator.

Source: Canadian Egg Marketing Agency
**High Risk Foods**

For older adults, young children and people with weakened immune systems

The following foods have been linked to outbreaks of foodborne illness. These foods must be **fully cooked** to eliminate bacteria and therefore should be **avoided** in a raw, or semi-cooked state.

- Raw fin fish and shellfish—including oysters, clams, mussels and scallops.
- Raw or unpasteurized cow or goat milk or foods made from unpasteurized milk. If you do use cheeses made from unpasteurized milk, consume only those that have been aged 60 days or longer.
- Soft cheeses such as feta, brie, camembert, and queso blanco fresco.
- Raw or lightly cooked egg or egg products including salad dressings, cookie or cake batter, sauces, and beverages such as homemade eggnog. Foods made from commercially pasteurized eggs have a reduced risk. If you choose to make eggnog with whole eggs, heat the milk mixture to 71°C (160°F).
- Raw meat or under cooked poultry.
- Raw sprouts such as alfalfa, clover, radish and mung beans.
- Unpasteurized fruit juice and cider.

**Listeriosis**

*Listeria monocytogenes* is a bacterium that can be found in a variety of products made from raw milk, vegetables, fish and meat products. Although foods such as some soft cheeses, pâté and smoked fish are processed according to strict guidelines, they have been linked to listeriosis. Therefore, those at high risk of acquiring foodborne illness should avoid these types of foods. Refrigerated smoked fish products can be eaten safely when fully cooked (e.g. in a casserole). Hot dogs have also been implicated in outbreaks of *Listeria monocytogenes* and should, therefore, be cooked until steaming hot before eating. Although the risk of listeriosis associated with foods from deli counters, such as sliced meat and poultry products, is relatively low, high-risk individuals may choose to avoid these foods.

**Pasteurized vs. unpasteurized fruit juice and cider**

Pasteurized juice and cider have been treated to kill harmful bacteria and prolong shelf life. They do not pose a risk to health. Pasteurized juice is generally packaged in bottles, cans and juice boxes and can be found unrefrigerated on grocery store shelves.

Most unpasteurized fruit juice and cider (freshly pressed) is sold from local orchards, roadside stands, and juice bars and in refrigerated cases or on ice in the produce section of grocery stores. These types of juice and cider have not been treated and this means the product may contain bacteria harmful to your health.

In Canada, two outbreaks of foodborne illness—one in 1980 and one as recently as 1998—were linked to unpasteurized apple cider. People who fall into the high-risk category should avoid consuming unpasteurized products.


Food safety ambassadors

In most communities across Canada, kitchens can be found in churches, community centres, private clubs and condominium complexes. These kitchens are used by a number of people for potluck suppers, senior luncheons or other community functions. Poor food handling practices can lead to foodborne illness.

Whether food is prepared at home and brought to the event, catered or prepared on site, when cooking for a group—food safety is everyone’s responsibility. Clean, Separate, Cook, Chill—following these four steps will help make your event safe.

The Canadian Partnership for Consumer Food Safety Education encourages you to become a Food Safety Ambassador by taking the *Fight BAC!*™ messages to your community events. Remind everyone to make food safety a priority.

**Answers to crossword page 8**

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**Produced by the Canadian Partnership for Consumer Food Safety Education.**
This fun crossword puzzle has four themed clues which are the largest entries on the grid. The four clues are a 'spin' on the Fight Bac messages—Cook, Clean, Separate and Chill. We challenge all readers and crossword-lovers to give the puzzle a try! See page 7 for the solution.

1. Sigmund’s sometime collaborator
2. Veggie choice
3. Give your part
4. Shawm descendant
5. Exemplify
6. Swamp dwellers
7. “The Bridges of Madison County” setting
8. It might appear in a table
9. Expos, e.g.
10. COOK
11. Arch
13. Bubble-filled bar
14. Flash
15. Reckless Olympian
16. Lacrosse team
17. CLEAN
18. Soft palate danger
19. Hirt and others
20. Outer ear part
21. CHILL
22. Part of GST
23. Wolf Blitz’s network
24. Union on the waterfront
25. Alternative to DEG or RAD, on a calculator
26. Harriet, to Ricky
27. Aix-en-Provence, e.g.
28. SEPARATE
29. Asks
30. Surf’s murmur
31. “Rátorna vincitor” singer
32. Aussie/Brit cricket trophy
33. “Ritorna vincitor” singer
34. Novel genre
35. Movie about John Reed
36. Anguilliform creatures
37. Aix-en-Provence, e.g.
38. Wolf Blitz’s network
39. Medium of communication
40. Cereal
41. Asks
42. “Ritorna vincitor” singer
43. Medium of communication
44. Novel genre
45. Movie about John Reed
46. Anguilliform creatures
47. Dwarf finback
48. Surprised
49. “Watership Down” author
50. “Watership Down” author
51. “Watership Down” author
52. “Watership Down” author
53. “Watership Down” author
54. “Watership Down” author
55. “Watership Down” author
56. “Watership Down” author
57. “Watership Down” author
58. “Watership Down” author
59. “Watership Down” author
60. “Watership Down” author
61. “Watership Down” author
62. “Watership Down” author
63. “Watership Down” author
64. “Watership Down” author

Across:
1. Sigmund’s sometime collaborator
2. Veggie choice
3. Give your part
4. Shawm descendant
5. Exemplify
6. Swamp dwellers
7. “The Bridges of Madison County” setting
8. It might appear in a table
9. Expos, e.g.
10. COOK
11. Arch
13. Bubble-filled bar
14. Flash
15. Reckless Olympian
16. Lacrosse team
17. CLEAN
18. Soft palate danger
19. Hirt and others
20. Outer ear part
21. CHILL
22. Part of GST
23. Wolf Blitz’s network
24. Union on the waterfront
25. Alternative to DEG or RAD, on a calculator
26. Harriet, to Ricky
27. Aix-en-Provence, e.g.
28. SEPARATE
29. Asks
30. Surf’s murmur
31. “Rátorna vincitor” singer
32. Aussie/Brit cricket trophy
33. “Ritorna vincitor” singer
34. Novel genre
35. Movie about John Reed
36. Anguilliform creatures

Down:
1. Do, do, do?
2. Seething
3. Bullyboy
4. Galena yield
5. Dealing with the outer eyeball
6. Michelangelo sculpture
7. 2002 Games locale
8. Kind of attitude
9. Drift
10. White House?
11. Star ___
12. Towel word
13. UFO crew
14. Descendant
15. Carp
16. Swamp dweller
17. Expos, e.g.
18. It might appear in a table
19. Expos, e.g.
20. COOK
21. Arch
22. Sinn Fein org.
23. Bubble-filled bar
24. Flash
25. Reckless Olympian
26. Lacrosse team
27. CLEAN
28. Soft palate danger
29. Hirt and others
30. Outer ear part
31. CHILL
32. Part of GST
33. Wolf Blitz’s network
34. Union on the waterfront
35. Alternative to DEG or RAD, on a calculator
36. Harriet, to Ricky
37. Aix-en-Provence, e.g.
38. Asks
39. Surf’s murmur
40. “Rátorna vincitor” singer
41. “Ritorna vincitor” singer
42. Novel genre
43. Movie about John Reed
44. Anguilliform creatures

by Fraser Simpson

Level III Partners
Canada Pork*
Canadian Federation of Independent Grocers*
Canadian Institute of Public Health Inspectors
Canadian Meat Council*
Canadian Meat Science Association
Capital Health Authority (Alberta)
Chicken Farmers of Ontario
Canada Pork*
Further Poultry Processors Association of Canada
Kidney Foundation of Canada*
Newfoundland & Labrador Department of Health & Community Services
Ontario Independent Meat Processors
Ontario Ministry of Health & Long Term Care
Palliser Health Authority
Province of Manitoba
Soap & Detergent Association of Canada
Vancouver/Richmond Health Board*

Level IV Partners
Alberta Agriculture, Food and Rural Development
Alberta Environmental Health Association des manufacturiers de produits alimentaires du Québec
Association of Supervisory Public Health Inspectors of Ontario
Canadian Federation of Agriculture*
Canadian Home Economics Association*
Consumers Association of Canada*
CropLife Canada*
Eastern Ontario Health Unit
Eat Smart! Ontario’s Healthy Restaurant Program
Environmental Health Foundation of Canada
Environmental Health Services-Prince Edward Island
FarmFolk/CityFolk Society
Federal/Provincial/territorial Committee on Food Safety*
Food and Consumer Products Manufacturers of Canada
Food Safety Infoline
Growing Manitoba
Guelph Food Technology Centre
Huron County Health Unit

Ministère de l’agriculture des pêcheries et de l’alimentation du Québec
National Institute of Nutrition
Northern Lights Regional Health Authority (AB)
Northwest Territories Department of Health
Nova Scotia Department of Agriculture and Fisheries
Ontario Farm Women’s Network
Ontario Ministry of Agriculture, Food & Rural Affairs*
Ontario Public Health Association
Oxford County Board of Health
Prime Restaurants Group Inc
Regional Municipality of Halton, Health Department
Regional Municipality of Waterloo Community Health Department
Region of Peel Health Department
Saskatchewan Health
South Fraser Health Region
Wellington-Dufferin-Guelph Health Unit (ON)
Yukon Health & Social Services

*Founding Member

International Affiliate
United States Partnership for Food Safety Education
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