How to Cook Foods Safely

Before cooking

See **the MAPAQ poster about cans (French only)**

1. Remember **to thaw foods in advance** in the refrigerator instead of on the counter. Check **cans** for damage before using.
2. **Wash** your **hands** with **soap** for at least **20 seconds**.
3. Clean **countertops** and **work surfaces** before starting to cook.
4. Rinse fresh **vegetables** and **fruits**. Use a brush if needed.

While cooking

See our article at **fondationolo.ca/temperatures**
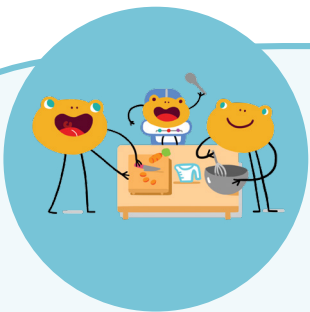
5. Use **clean utensils**.
6. All cutting boards, utensils and countertops that have been in contact with raw meat, poultry, fish, seafood or eggs must be immediately **washed** with soap, **disinfected** using a commercial kitchen disinfectant, and **rinsed**.
7. **Wash your hands** with soap after handling raw foods.
8. Make sure to cook meat, poultry, fish, seafood and eggs to a **safe temperature**. Keep food hot until **mealtime**.

After cooking and eating

Food that has to be refrigerated should not be left out at room temperature for more than 2 hours!

9. Put **leftovers** and leftover food from open cans in **resealable containers**.
10. Put all **leftovers** in the **fridge**. If the food is still hot, lift the cover slightly so air can escape. Then close the containers once the food is cold. **Any food that won't be eaten** in the next 3 days should be put in the **freezer**.
11. Wash the dishes with **hot soapy water** and clean the countertops.
12. Change **dishcloths**, **hand towels** and **dishtowels** often, ideally every day. Wash them regularly in hot water and dry them in the dryer.

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