

FOOD SAFETY TIPS

Grocery Shopping

Place poultry and meat in bags provided at meat counter.
Separate raw meat, seafood and eggs from other foods in grocery cart,
when bagging and in refrigerator.
Remember to wash your reusable grocery bags.

Food Prep, Cooking and Storage

Wash hands for 20 seconds with warm soapy water.
Wash cutting boards, counters and dishes with hot soapy water.
Do not rinse poultry or other meat as this can spread germs.
Defrost food in refrigerator, cold water or microwave.
Use defrosted poultry within 2 days.
Use a meat thermometer to ensure food is properly cooked.
Refrigerate leftovers in shallow containers within 2 hours.
Keep refrigerator at or below 4°C and freezer at or below -18°C.
Throw out leftovers after 3 days.



For recipes and cooking tips
manitobachicken.ca