



Proudly brought  
to you by

alyasra  
FOODS



**Bacteria.** You'll only know your food  
is safe to be consumed, if you use a thermometer  
while cooking.

# COOKit

The smell of chocolate chip cookies or the look of a sizzling steak are typically two of the ways to tell if your food is cooked at the right temperature. However, your senses are not the best way to check if the food you are serving your family is safe. Find out if you're cooking it right by using the checklist below. Better yet, place it on your fridge as a reminder.

- Use a food thermometer to ensure food is cooked at a high enough temperature to kill harmful bacteria
- Cook your meat and egg dishes at a temperature of 71 °C
- Cook your poultry at a temperature of 74 °C
- Cook your vegetables at a temperature of 7 °C
- Insert a food thermometer into the deepest part of the meat and away from fatty areas to find out the most accurate temperature reading
- Keep food heated after cooking at 60 °C or above by using a warming tray or slow cooker

## THE 4 BASICS OF FOOD SAFETY

### CLEAN

Wash your hands for 20 seconds before and after handling any food and wash surfaces and utensils after each use.

### SEPARATE

Separate food items in the grocery cart, refrigerator and on the cutting board.

### COOK

Cook food items at the right temperature by using a food thermometer.

### CHILL

Chill food items in a freezer that is at least -18 °C and refrigerate perishable food items within 2 hours of exposure.