Tool Box Talk



FOOD SAFETY ON SITE

August 2018

Storing Leftover Food

Storing leftovers safely begins as soon as you are done cooking your meal. Once you have completed your cooking, serving, and eating, you should immediately begin cooling your food before putting it in the refrigerator.

The goal is to minimize the time it takes for food to reach 4°C. Between 4°C and 60°C is considered the "danger zone" because food-borne, illness-causing bacteria will flourish in this range of temperatures. In food stored below 4°C, bacteria that could make you sick is less likely to grow. Health Canada recommends storing leftover food as soon as possible, and no later than two hours after cooking has finished.

Wrap food tightly or store it in air-tight containers, regardless of whether it will be stored in the freezer or the refrigerator.

Ice packs and an insulated cooler can keep your food cold if you do not have access to a refrigerator on site. Ice packs will stay frozen from 24 to 36 hours in an insulated container, or from 3 to 4 hours if the container is not insulated. Ice packs will maintain cold and stay frozen longer than just using ice.

Reheating Leftovers

When you have stored your food properly, you will have leftover food to munch on for days. If using a refrigerator, make sure that the temperature of the refrigerator is set to below 4°C. Otherwise, the food within it may not be safe.

Regardless what method you use to thaw your leftovers, use a thermometer to ensure that your food reaches an internal temperature of at least 74°C (165°F) when it is done.

It is important to reheat your leftovers in a microwave safe dish. Sometimes this will mean taking the extra step of transferring the food onto a plate or into a bowl.



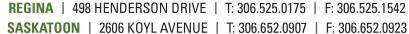
Eating on Site

Eating with hands contaminated by bacteria or chemicals is one of the biggest causes of spreading illness. If you have access to soap and running water, wash your hands before eating or handling food. If you don't, then make sure you can clean your hands with a hand sanitizer to kill any bacteria or germs before eating.

Recommended Storage Times

	Food		Refrigerator (4 C/40 F)	Freezer (-18 C/0 F)
	Meat, poultry and eggs			
	Fresh beef, veal, lamb, and pork	steaks	3-4 days	6-12 months
		chops	3-4 days	4-6 months
		roasts	3-5 days	4-12 months
	Variety meats: tongue, liver, heart, and kidneys		1-2 days	3-4 months
	Ham	cooked whole ham	7 days	1-2 months
		cooked half ham	6-7 days	1-2 months
		cooked slices	3-4 days	1-2 months
l	Hamburger and stew meat		1-2 days	2-4 months
1	Ground turkey, veal, pork, and lamb		1-2 days	3-4 months
	Chicken and turkey	whole	1-2 days	1 year
		pieces	1-2 days	6-9 months
	Giblets (heart, liver, kidney and gizzard)		1-2 days	3-4 months
	Hot dogs (Use by 'Best Before' date)	opened package	1 week	2 weeks
		unopened package	2-3 months	2-3 months
	Luncheon meat (Use by 'Best Before' date)	opened package	3-5 days	1-2 months
	Editorio in mode (coo b) Book Boloro dato)	unopened package	2 weeks	1-2 months
	Bacon and sausages (Use by 'Best Before'	bacon	7 days	1 month
1	date)	raw sausage (chicken,	1-2 days	2-3 months
		turkey, pork and beef)	,	
	Eggs	fresh raw	Use by 'Best	4 months
		freely wells and white	Before' date	(blended eggs)
		fresh yolk and white	2-4 days	4 months
		hard cooked eggs	1 week	Not recommended
	Fish			
	Cooked fish		1-2 days	4-6 months
	Fatty fish: mullet, ocean and sea perch, char, so mackerel, bluefish and tuna	2-3 days	2-3 months	
	Pollock, ocean perch and sea trout		2-3 days	4 months
	Fresh lean fish: cod, flounder, haddock, halibut	2-3 days	3-6 months	
	Smoked fish	Herring	3-4 days	2 months
		Cold-smoked salmon and	5-8 days	2 months
		white fish		
		Hot-smoked salmon and	14 days	6 months
		white fish Other amaked fish	1.2 washa	4 E waste
	Opened connect fich	Other smoked fish	1-2 weeks	4-5 weeks
	Opened canned fish		1 day	recommended
	Leftovers and Prepared Foods			
	Leftovers and Prepared Pools Leftover cooked meat and poultry	meat and casseroles	3-4 days	2-3 months
	Lenover cooked meat and pountry	gravy and meat broth	3-4 days	2-3 months
	The state of the s	fried chicken	3-4 days	4 months
		poultry casseroles	3-4 days	4-6 months
		plain poultry pieces	3-4 days	4 months
		piant pounty pieces pieces covered with broth	3-4 days	6 months
)		or gravy	,	
	Prepared salads	macaroni salad and tuna salad	3-5 days	Not recommended
				(does not
				freeze well)
	Cooked stuffing		3-4 days	1 month
	Soups and stews (with meat or vegetables)		3-4 days	2-3 months
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SASKATCHEWAN CONSTRUCTION SAFETY



