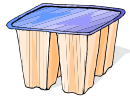


Reminders

- Always wash your hands



- Keep raw food separate from cooked foods.



- Cover leftovers to prevent contamination.



- Cool Leftover Quickly.



- Reheat food thoroughly so that it is piping hot.



For further information on Food Safety

Please contact DEH at
The following addresses below

Grand Cayman

Department of Environmental Health
P.O. Box 1820 GT
CI Environmental Center
Grand Cayman, Cayman Islands
KY1-1109
Tel: 345-949-6696
Fax: 345-949-4503

Cayman Brac & Little Cayman

Department of Environmental Health
P.O. Box 212 Stake Bay
Cayman Brac, Cayman Islands
KY2-2101
Tel: 345-948-2321
Fax: 345-948-2543

(May 2013)

Leftovers

Storing & Reheating



Cayman Islands
Department of
Environmental Health
(DEH)

At Home

- **Keep food preparation areas in the kitchen clean.**
- Keep leftovers separate from raw foods to prevent contamination.
- **Wash your hands** with anti-bacterial soap and warm, soapy water before handling food.
- **Clean your cutting boards, dishes, utensils and counter** tops with hot water and a sanitizer or anti-bacterial soap.
- **Don't let pets jump up on kitchen counters.**



Cooling / Reheating

Practice these guideline to keep leftovers safe

- Cool down leftovers quickly.
- Refrigerate or freeze leftovers with 2 hours.
- Before refrigerating or freezing: slice large cuts of meat and store in serving-size packets; use small containers
- Cover leftovers to prevent contamination
- Leftovers should be eaten within 48 hours.
- Reheat food so that it is piping hot.
- Never reheat leftovers in a slow-cooker. The gradual heating promotes bacterial growth.



Microwaves

To ensure even reheating in a microwave oven:

- Cover food with a vented covering.
- Rotate food halfway through cooking time.
- Stir food halfway through cooking time (even if oven has turntable).
- Stir food again after cooking is completed.
- Allow food to stand for 5 minutes after cooking.
- Only use microwave –safe dishes.

