



### KEY COOKING TEMPERATURES

Steaks, roasts 145 °F	Fish 145 °F	Pork 145 °F	Ground beef 160 °F	Egg dishes 160 °F	Chicken breasts 165 °F	Whole poultry 165 °F
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## 4

### CHILL

#### Refrigerate promptly.

Cold temperatures keep harmful bacteria from growing and multiplying. Be sure your refrigerator is 32-41° F and your freezer is 0 ° F or less.

**Never defrost food at room temperature.** Thaw food in the refrigerator, under cold running water or in the microwave.

**Refrigerate or freeze perishables,** prepared foods and leftovers within two hours or sooner.

**Don't place hot foods directly into the refrigerator** as this will increase condensation, spoilage and contamination of food. It also affect the inside temperature of the fridge.

**Divide large amounts of food into small portions** and place in shallow containers for quicker cooling of foods.

**All food should be covered before it is placed in the refrigerator.**

**Don't pack the refrigerator.** Cool air must circulate to maintain the proper temperature and keep food safe.

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## FOOD SAFETY in the KITCHEN



Department of  
**Environmental Health**  
*Working now and for the Future*

## ***AVOID THE SPREAD OF BACTERIA***

There are many sources of bacteria. It can get into food during production and preparation.

**Sources of Bacteria** include **People -Air- Pest/Animals - Foods.**

### **1** ***CLEAN***

#### **Wash hands and surfaces often!**

Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, cleaning cloths and counter tops.

**Wash your hands** with anti-bacterial soap and warm, soapy water before handling food and after activities such as handling raw meat, using the bathroom, changing diapers and handling pets or garbage.

**Clean** your cutting boards, dishes, utensils and counter tops with hot water and a sanitizer or anti-bacterial soap.

**Use non-absorbent, non-porous** cutting boards (e.g. plastic or acrylic).

**Consider using paper towels to clean up kitchen surfaces.** If using cloth towels, wash them often in the hot cycle of your washing machine or sun dry them on a clothesline.

### **2** ***SEPARATE***

#### **Don't cross-contaminate**

Bacteria can be spread from one food product to another, especially when handling raw meat, poultry and seafood. Keep these foods and their juices away from ready-to-eat foods.

**Separate raw meat**, poultry and seafood from other foods in your grocery shopping cart.

In your refrigerator, **place raw foods below cooked and ready-to-eat food** so that juices do not drip onto them.

**Use a separate cutting board** for raw meat products, and for fruits and vegetables.

**Always wash cutting boards, dishes and utensils** with hot soapy water and a sanitizer after they come in contact with raw meat, poultry and seafood.

**Wash hands often** to stop the spread of bacteria.

**Use a clean plate** to place cooked food.

### **3** ***COOK***

#### **Cook to proper temperatures**

Foods are properly cooked when all the harmful bacteria that cause food borne illness are killed by heat during the cooking process.

**Use a clean thermometer**, to measure internal temperature of cooked food. This ensures that meats are cooked to the right temperature.

**Take the temperature in the thickest part of the meat**, which is usually the center of the food, as this is the last area to be cooked.

Cook ground beef until all the meat is completely brown as bacteria can be spread during processing. **Eating undercooked, pink ground beef is linked with a increased risk of illness.**

**Cook eggs until the yolk and white are firm.** Avoid recipes in which eggs remain raw or only partially cooked.

**Cooked fish should be opaque and flake easily** with a fork.

**Bring** sauces, soups and gravy **to a boil when reheating.**

**Heat leftovers thoroughly before serving.** Never reheat left overs more than once.

**Ensure microwaved food is thoroughly cooked** by stirring and rotating food during cooking.