

# Four Components of Food Safety

Clean, Separate, Cook and Chill

Food Skills  
for Families



BC Centre for Disease Control  
Provincial Health Services Authority

## 1. **Clean:** wash and sanitize often

- Wash your hands with soap and warm water for at **least 20 seconds**.
- Keep your cooking space clear, clean & sanitized.
- Use clean kitchen towels.
- Wash vegetables and fruits before preparing.

## 2. **Separate:** to prevent cross-contamination

- Keep raw meat, poultry, seafood and their juices from touching ready-to-eat foods; separate them in your grocery cart, when storing in your refrigerator and when preparing food at home.
- Use separate tools, cutting boards and utensils for raw foods, or, clean and sanitize single set tools between use.
- Taste test with a clean utensil.

### Cleaning vs. Sanitizing

- **Cleaning:** physical removal of visible dirt.
- **Sanitizing:** removal of invisible bacteria.



### 3. **Cook:** food to safe temperature

- Use an internal probe food thermometer and insert into the centre of the food to check the temperature has been reached: you can't tell if food is cooked safely by looking at it.
- Cooking temperatures vary depending on the food, in general, foods are considered fully cooked when the internal temperature reaches 74°C or higher.
- Keep foods out of the danger zone (4°-60°C) as this is when harmful bacteria can grow in food; stay below 4°C and above 60°C.



#### Tip

Reheat foods to an internal temperature of 74°C or higher.

### 4. **Chill:** refrigerate promptly

- Cool large pots of soups, sauces and other foods faster by:
  - Placing the pot into a sink or basin of cold water.
  - Divide food into shallow containers.
  - Stirring with an ice wand.
- Keep the fridge at 4°C (40°F) or below. Use a fridge thermometer and check regularly.
- Do not put hot food directly into the fridge, it can raise the overall temperature of the fridge.
- Put leftover foods in the fridge to chill within 6 hours.



## Takeaways

#### Clean

- Wash & sanitize often, especially when switching between handling raw vs. ready-to-eat foods
- Use clean kitchen towels & aprons.

#### Separate

- Separate raw meats and its juices from ready-to-eat foods.
- Use a clean utensil each time you taste test.
- Use different cutting boards for raw vs. ready-to-eat foods.

#### Cook

- Use a probe thermometer.
- Cook meat to an internal temperature of 74°C or higher.
- For a full list of recommended temperatures, refer to Health Canada's Safety in Numbers.

#### Chill

- Refrigerate leftovers within 2 hrs.
- Keep fridge at 4°C or below.