



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, 11:30 a.m., December 01, 2022)

Holiday Food Safety Reminder

As we enter the holiday season, Renfrew County and District Health Unit (RCDHU) reminds residents of the importance of food safety. Reduce your risk of foodborne illness ("food poisoning") by taking precautions when preparing, cooking, and storing food.

Foodborne illness is caused by eating food contaminated with certain bacteria, viruses, and parasites (e.g., Salmonella, E. coli, Listeria monocytogenes). These bacteria are sometimes found in raw foods, unwashed produce, and unpasteurized milk, fruit juices and cider.

To reduce your risk of illness this holiday season, RCDHU recommends the following:

- Clean hands, surfaces (e.g., kitchen counters) and utensils frequently.
- Always wash fresh fruit and vegetables with clean water.
- Never place cooked food back on the same plate that previously had contact with raw food unless it has been thoroughly cleaned and sanitized.
- Use a cooking thermometer to ensure foods are fully cooked to the [recommended internal temperatures](#).
- Throw out perishable foods that have sat at room temperature for more than **two hours** as bacteria can grow rapidly. You cannot tell whether food is contaminated with bacteria by the way it looks, tastes or smells.

For more information on food safety, please visit RCDHU's [Holiday Food Safety](#) fact sheet and website at <https://www.rcdhu.com/healthy-living/safe-food/>.

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