

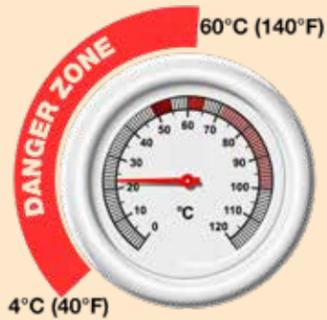
# Food Safety Toolbox

## Temperature Safety

### Prevent Food-borne Illness

#### Danger Zone: 4°C to 60°C

- Bacteria grow fastest in this range.
- Food has a **lifetime** limit of 2 hours at this temperature.
- **Remember:** the 2 hours does not re-set when food is refrigerated.



#### Prep Safety

- Work in batches.
- Pre-chill ingredients and equipment.
- Gather refrigerated food last.
- Verify temperatures with logs.
- When in doubt, throw it out.



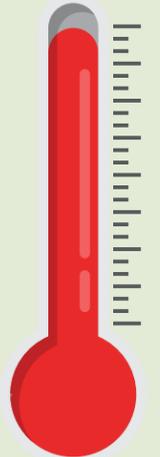
#### Cold Holding

- Keep cold foods at 4°C (40°F) or below.
- Never leave cold foods out on the counter to thaw. Use one of these methods:
  - in the fridge overnight
  - under cold running water
  - in the microwave



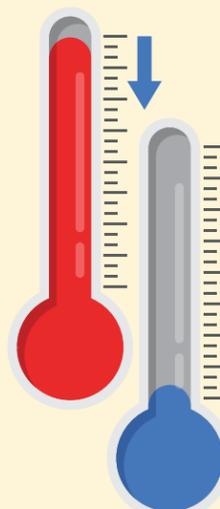
#### Hot Holding

- Keep hot foods at 60°C (140°F) or above.
- Stir often to maintain even temperatures.
- Never place cold foods in a hot holding unit to reheat.



#### Cooling Hot Foods

- Cool foods from 60°C to 20°C (68°F) within 2 hours (room temperature)
- Then, from 20°C to 4°C within 4 hours (fridge)
- Use these safe methods:
  - shallow pans
  - ice baths or ice wand
  - cutting larger items into smaller portions
  - adding ice as a final ingredient



**Remember:**  
if in doubt,  
throw it out.



SCAN ME

For more information, contact WDG Public Health at [phi.intake@wdgpublichealth.ca](mailto:phi.intake@wdgpublichealth.ca) or **scan the QR code.**

# Poster Use Instructions

- **Place the poster:** Choose a high-traffic area with clear visibility.
- **Gather the team:** Hold the talk during a natural pause in the shift (e.g., pre-shift huddle or post-cleanup) and ensure all relevant staff are present.
- **Use the poster as a visual anchor:** Display the poster prominently, but do not read it word-for-word. Use it to guide the discussion.
- **Explain the “Why” behind the topic:** Emphasize the rationale for the food safety practice—how it protects customers, prevents illness, and supports compliance.
- **Ask open-ended questions:** Encourage participation by asking questions like, “Why do you think this step is important?” or “What could happen if we skip this?”
- **Share real-life examples:** Briefly describe a real or hypothetical situation where the safety practice made a difference, or where skipping it caused a problem.
- **Keep it short and focused:** Limit the talk to about five minutes. Stay on topic and avoid going off on tangents.
- **Document participation:** Have all attendees sign the training sheet to confirm they took part in the talk.

## Employee Sign-off

Print and sign following training (use another sheet if required).

Print Name

Signature

Print Name

Signature

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