

Myths vs. Facts about Food Safety

Myth

“Meats are cooked when the juices run clear.”



Fact

To ensure meats are properly cooked, use a probe thermometer to check internal temperature.

Food Item	Cooking Temp	Reheating Temp
Whole poultry	82°C (180°F)	74°C (165°F)
Ground poultry, seafood and hazardous mixtures	74°C (165°F)	74°C (165°F)
Pork products and ground meat (excluding poultry)	71°C (160°F)	71°C (160°F)
Fish	70°C (158°F)	70°C (158°F)

Myth

“Reheating foods will kill all bacteria.”



Fact

Some bacteria produce toxins that are not killed by heat. Temperature control during storage, preparation and cooling is important to prevent illness.

Myth

“Vegetarian and vegan dishes can’t cause foodborne illness because they don’t contain meat.”



Fact

- Any food that supports bacterial growth can be hazardous.
- Non-meat products with low acidity and high protein and moisture content also fall into this category. Some examples are:
 - tofu
 - chickpeas
 - cooked rice, pasta or quinoa
 - processed fruits and vegetables
- Maintain safe handling and temperature control throughout preparation and storage to prevent illness.



SCAN ME

For more information, contact WDG Public Health at 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

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____