

We thought we'd include some kitchen reminders to help keep you safe when whipping up your next delicious creation—because at Enbridge, safety is always our top priority.

General Food Safety

Clean

- Before beginning, wash hands for 20 seconds with soap and running water.
- Wash food preparation surfaces and utensils after each use.
- Wash fruits and vegetables thoroughly. It's best to wash under running water. You can also use a vegetable brush on produce with thick skin.

Defrosting

- Keep frozen foods frozen until you want to use them.
- When you're ready to thaw, it's best to do so gradually in the refrigerator.
- You can also thaw foods by submerging in cold water—change the water every 30 minutes.
- Only defrost foods in the microwave if you're going to cook and serve them immediately.
- Do not refreeze defrosted foods.

Separate

Remember to keep raw meats, poultry, fish and even eggs away from ready-to-eat foods like fruit and vegetables.

Cooking

Make sure you cook your meals to the proper temperature to ensure harmful bacteria has been killed. Please refer to our temperature guide for tips.

Leftovers

When left at room temperature, bacteria can double every 20 minutes so it's important to get foods chilled and stored as quickly as possible. It's recommended that you use a shallow container to help chill foods faster and to refrigerate food within two hours. Also, avoid overstocking the refrigerator to allow air to circulate freely.

Meat and Poultry Temperature Guide

Beef, veal and lamb (pieces and whole cuts)	Medium-rare	145°F 63°C
	Medium	160°F 71°C
	Well done	170°F 77°C
Pork	Pork (pieces and whole cuts)	160°F 71°C
Ground meat and meat mixtures (e.g., burgers, sausages)	Beef, veal, lamb and pork	160°F 71°C
	Poultry (e.g., chicken, turkey)	165°F 74°C
Poultry	Pieces	165°F 74°C
	Whole	180°F 82°C

Knife Safety

Here are some tips that will help you chop your vegetables like a chef—while keeping your fingers out of danger.

Choose the correct knife for the job—If you have to fight to cut something (imagine using a flexible filet knife to cut a hard cheese), you may be using the wrong knife for the the job.

Store them safely—When not in use, keep your knives in a drawer or knife container or box.

Always use a cutting board—Smooth and slippery surfaces (like marble or granite countertops) can cause what you're cutting, and the knife, to slip.

Keep knives sharp—It might seem counterintuitive, but a dull knife can be more dangerous than a sharp one.

Carry it downwards—When carrying a knife, always point it down towards the floor and parallel to your leg.

Oops, don't catch—If it drops, quickly step back and let it fall.

Don't let it take a bath—Never put a dirty knife into a sink of water—it's easy to forget it's there.

