

FOOD SAFETY TIPS FOR TAKE-OUT FOOD

When you are on the road or just too busy to make a meal, take-out food is a convenient option. Whether you buy from a drive-through restaurant, a food store, or have food delivered, keep these food safety tips in mind:



Eat as soon as possible:

- Eat the food within 2 hours of buying or delivery.
- Store food at safe temperatures if you do not plan to eat until later. Keep food hot, above 60°C (140°F), or cold, below 4°C (40°F).

Reheat in safe containers:

- Reheat take-out food in containers that are safe and suitable for microwave ovens or regular ovens. Many take-out containers, for example styrofoam, are meant for single use and are not safe for reheating. They can warp or melt and cause burns. There is also the risk that heating could release harmful chemicals from some containers. For more information on microwave safety, click on: [Food Safety Facts on Microwave Ovens, Canadian Food Inspection Agency](#)
- If the take-out container or package has reheating instructions, follow them carefully.
- Reheat food to 74°C (165°F) or higher. Check the temperature with a digital or instant read thermometer.

Store leftovers safely:

- Refrigerate or freeze leftovers quickly after a meal, in clean containers. Add a “use by” date on food that will be frozen. Eat refrigerated leftovers in 1 - 3 days and frozen leftovers in 1 – 3 months.
- For more information on leftovers, click on: [Food Safety Facts on Leftovers, Canadian Food Inspection Agency](#)

Wash your hands before eating:

- Plain soap and warm water work fine. If they are not available, use alcohol-based hand gels (at least 60% alcohol), or hand wipes.

For more information, please call the Environmental Health Program, Alberta Health Services at 403-943-2288 or click on the [Environmental Health website:](#)
<http://www.calgaryhealthregion.ca/publichealth/envhealth/>

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