

Cook food to safe temperature

Don't rely on smell, taste or sight alone to determine if your food is safe to eat. Make sure foods are cooked to a safe minimum internal cooking temperature (see table below) using a thermometer.

Ground Meat (beef pork, lamb)

Minimum internal temp: 160° F

Beef patties

Minimum internal temp: 160° F

Turkey and Chicken and Duck

Minimum internal temp: 165° F

Fresh Pork (pot roast)

Minimum internal temp: 145° F

Eggs

Cook until yolk and white are firm



▶ WHERE DOES YOUR MEAT COME FROM?



FOOD SAFETY SERVICES

**Saint Joseph St. Belize City
Phone: 2244794 or 2234457**

**Email:
foodsafety@baha.org.bz**

MEAT INSPECTION

Meats made available to the consumers can have varied origins and produced under different handling practices, from practices that slaughters animals under a tree to animals being slaughtered inside an enclosed facility. The meat inspection program is an activity under the food safety services of BAHA. the food safety inspectors performs ant-mortem and post-mortem inspections at an established and registered slaughter facility. These facilities that are currently registered with BAHA are:

In Orange Walk:

- Johan Penner, Cornelius Petkau,



Farmer's Meat and Reinland

In Cayo:

- Running W Meats, Country Meats

The slaughter of chickens are conducted in an approved and registered slaughter facilities: Quality Poultry, Caribbean Chicken, Tree Star and National Treat.

**INSPECTION SERVICES ENSURES
SAFE FOOD**

Meats can get contaminated during slaughter, bleeding, de-hiding or arrive sick at the slaughter facility. Consumers can get ill from eating contaminated meats with bacteria such as Salmonella, Campylobacter, E. coli, Tuberculosis, Brucellosis and Leptospirosis. Other parasites such as Trichinella and Cysticercus, fluke worms can also be transmitted to humans.

Highly trained and properly equipped Food Safety Inspectors are at slaughter facilities before sunrise, ensuring that chicken, beef and pork to be slaughtered are healthy and in good physical conditions.

Consumers are encouraged to demand for safe food. In Belize many meat shops do not declare product origin or quality information on their package. If you are not sure about where or how the meat is produced or under what conditions you have a right to ask your vendor.

Remember: It's Your Food, Your Health, Your Life!



TY

**FOOD
SAFE-
TIPS**

- Buy raw materials such as meat and poultry from Registered Slaughter Facilities.
- Use potable water to clean raw materials (meat and poultry).
- Wash hands with soap and water before and after handling food
- Use a clean cutting board and utensils. Don't let produce (vegetables) come into contact with other raw foods or surfaces they have touched.
- Avoid the consumption of foods that have not been refrigerated after two hours of being cooked.

