



Food Safety in the Home

Released: December, 2014

Data Source

Rapid Risk Factor Surveillance System (RRFSS)

Modules

- Food Safety in the Home: Time/temperature food handling behaviours

Click [here](#) for more detail on specific questions and indicators.

Data Collection Periods, Sample Sizes

- May-Aug 2011, n=410

Data Notes

- Missing responses are not included.
- 'Do not know' and 'Refused' responses are analyzed according to RRFSS Analysis Guidelines (i.e. excluded if <5%).
- The 95% confidence limits are the range of variability for a population estimate. There is a 95% probability that the true estimate is within that range.

Limitations

- Questions are only asked of adult residents aged 18+.
- The survey is conducted by telephone (in English only).
- Results are based on self-reported behaviours, attitudes and opinions.
- (E) indicates that results are based on small sample size; thus, estimates have high variability.
- (F) indicates the data is not released due to small sample size

THERMOMETER IN HOME REFRIGERATOR

Percentage of households that have a thermometer in their refrigerator.

- In 2011, 47.5% (95% CI: 42.7-52.4%) of households reported having a thermometer in their refrigerator.

Percentage of households that indicate they keep their fridge at or below 4°C (40°F).

- In 2011, 21.2% (95% CI: 17.5-25.5%) of households reported keeping their fridge at or below 4°C (40°F). The majority of households did not know what the temperature in their fridge was (68.8%, 95% CI: 64.1-73.2%).

METHOD OF DEFROSTING MEAT, FISH, SEAFOOD, AND/OR POULTRY

Percentage of adults (18+) who use meat, fish, seafood and/or poultry when preparing meals at home by method of defrosting.

- In 2011, of those who use meat, fish, seafood and/or poultry AND defrost it before cooking (n=369), 68.3% (95% CI: 62.9-73.2%) reported using acceptable methods of defrosting (in the refrigerator, microwave or under cold water). One quarter of adults reported defrosting meat on the counter (25.1%, 95% CI: 20.5-30.3%).

SAFE PRACTICE OF SERVING COOKED MEAT ON A CLEAN PLATE

Percentage of adults (18+) who report always using a clean plate to serve meat after transferring raw meat from a plate to a barbeque or frying pan.

- In 2011, of those who cook meat, fish, seafood and/or poultry (n=386), 95.2% (95% CI: 92.4-97.0%) reported using a clean plate for serving the cooked meat.

PROPER TEMPERATURE OF HAMBURGERS ON THE BARBEQUE

Percentage of adults (18+) who report using a thermometer to check if hamburgers are cooked "always" or "most of the time" when barbequing.

- In 2011, of those who barbeque hamburgers (n=344), 10.2% (95% CI: 7.3-14.1%) reported using a thermometer to check if the hamburgers are cooked always or most of the time. Most adults report never checking the temperature of hamburgers when barbequing (81.9%, 95% CI: 77.1-85.9%).

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COOKING MEAT, FISH, SEAFOOD, OR POULTRY TO A PROPER TEMPERATURE

Percentage of adults (18+) who use a food probe thermometer to determine if a meat, fish, seafood, or poultry item is cooked “always” or “most of the time” when cooking indoors.

- In 2011, 19.5% (95% CI: 15.6-24.0%) of adults reported that they used a food probe thermometer to determine if a meat, fish, seafood or poultry item is cooked always or most of the time. Nearly half of adults reported that they never use a food thermometer when cooking indoors (48.7%, 95% CI: 43.4-54.0%).

SAFE STORAGE OF LEFTOVERS

Percentage of adults (18+) who report cutting large pieces of leftover meat into smaller portions before refrigerating or freezing the leftovers.

- In 2011, of those who cook large cuts of meat or poultry (e.g. whole turkey/chicken or roast) (n=366), 71.7% (95% CI: 66.6-76.2%) reported that they cut large pieces of leftover meat into smaller portions before refrigerating or freezing the leftovers.

SAFE STORAGE OF COOKED MEALS

Percentage of adults (18+) who report storing/keeping cooked or purchased hot food for more than 2 hours prior to serving, by location.

- In 2011, the majority of Lambton residents reported keeping hot or cooked food in the refrigerator if not being served within two hours:

	%	95% CI
1. In the refrigerator	58.8	(53.4-64.0)
2. I always serve the food within two hours	15.9	(12.5-20.0)
3. In a hot location (e.g. oven, stove top, slow cooker)	12.9	(9.6-17.1)
4. On the counter	9.3	(6.6-13.1)
5. Other	3.1	(1.7-5.4)

TIMELY STORAGE OF LEFTOVERS

Percentage of adults (18+) who report storing leftovers from meals (including from restaurants) in a refrigerator or freezer, within a specified time-period.

- In 2011, the majority of adults in Lambton reported storing leftovers within 30 minutes of eating a meal (75.9%, 95% CI: 71.1-80.1%). Further, 16.5% (95% CI: 13.0-20.8%) reported leaving them out for 30-60 minutes after eating their meal.

For more information about safe handling of food visit: <https://lambtonhealth.on.ca/Health-Information/Food-Safety/Safe-Handling-of-Food/>

The information in this summary document may be quoted in interviews and written materials. All written materials should be reviewed by the epidemiologist before release to ensure the data is being used correctly.

Proper Citations:

- RRFSS (May 2011-August 2011), Lambton Public Health and Institute for Social Research, York University.

More detailed statistics can be found here: [P:\CHSD_NEW\Epidemiology Resources\Food Safety\Food Safety Modules \(Nov 20 2014\).xlsx](P:\CHSD_NEW\Epidemiology Resources\Food Safety\Food Safety Modules (Nov 20 2014).xlsx)