Lifestyle changes have been known to influence household food choices and food preparation. Consumers have also become more conscious of food safety issues since foodborne illness is a growing public health concern. The ability to evaluate these issues in Trinidad and Tobago is limited due to a lack of data. The objective of this study was therefore to assess demographic determinants, food safety knowledge and food handling practices among residents in Trinidad and Tobago. Data was collected from a cross-sectional retrospective population survey conducted among 2145 randomly selected households in Trinidad and Tobago. The survey enquired about: demographic characteristics; hand washing; food handling; and cooking practices. P values less than 5.0% were considered significant. The study revealed that persons less than 14 years of age were more susceptible to foodborne illnesses than any other age group. Other demographic determinants such as sex, education and income were not significant. Most respondents washed their hands with soap and water before meal preparation (67.3%), and after using the toilet facilities (90.6%). About 93% of respondents washed foodstuff before consuming/prepare meals, and 54.5% always checked expiry dates. It was also found that 64.7% and 46.5% of respondents practiced unsafe storage and thawing of meat products, respectively. The study concluded that residents of Trinidad and Tobago are aware of basic food safety practices but there is still a need for more public food safety education, especially for persons less than 14 years of age as they were most at risk to foodborne illnesses.