



INCLUSION SELKIRK: FOOD SAFETY TRAINING

FOODBORNE ILLNESSES

Why is food safety important?

- Each year, roughly **1 in 6** people (or 4 million Canadians) get sick from foodborne illness
- The large majority of these cases are mild and cause symptoms for only a day or two.
- However, severe cases or cases in immune-compromised individuals can lead to prolonged illness, complications and, in rare cases death.



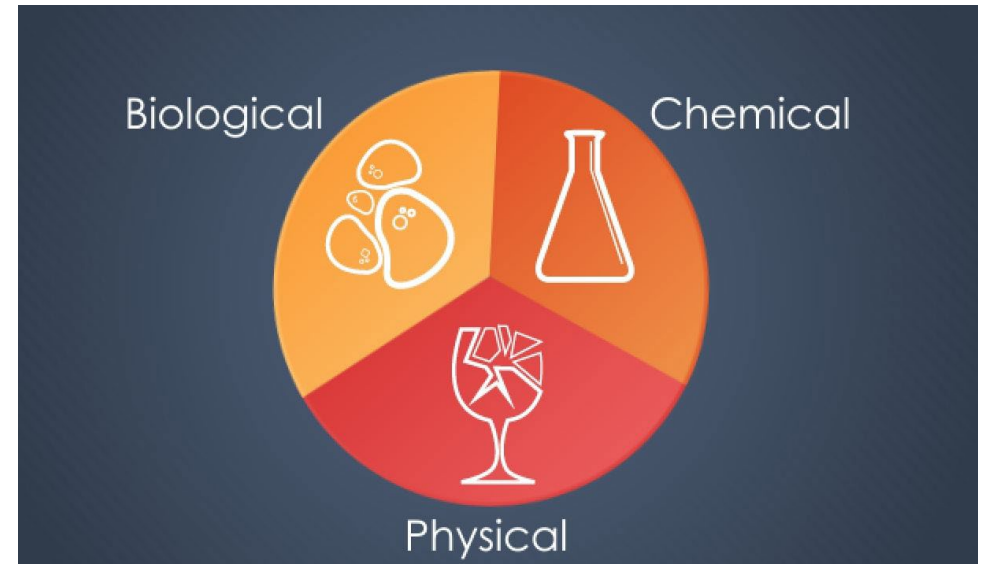
PREVENTING FOOD CONTAMINATION

Types of common contaminants include:

- **Physical:** Wood, metal, glass, paint chips, hair, etc. Bones in fish are also physical contaminants.
- **Chemical:** Cleaning chemicals, maintenance chemicals, pest control chemicals, etc.
- **Biological:** Bacteria, viruses, fungi, and parasites, contaminated surfaces and cross-contamination

Most cases of foodborne illness occur from **biological** contaminants

All contaminants have the potential to cause illness or injury.



CLEAN: GOOD PERSONAL HYGIENE

- **Wash hands** frequently
 - especially after eating, drinking, smoking, touching your face, nose, ears, hair, handling waste, using the restroom, coughing or sneezing, etc.
 - after handling raw foods (uncooked meat, poultry, eggs, produce, etc.) and before handling cooked foods.
- Do not handle food if you are ill or have unprotected broken skin or rashes.
- Wounds or cuts on the hands need to be covered with a bandage and glove before handling food.
- Wear hair restraints if required, such as tying your hair back to keep it away from food.
- Maintain personal cleanliness.
- Eat, drink, and smoke only in designated areas, away from food.
- Keep your work areas clean and sanitized, including all equipment
- Wear gloves as required.



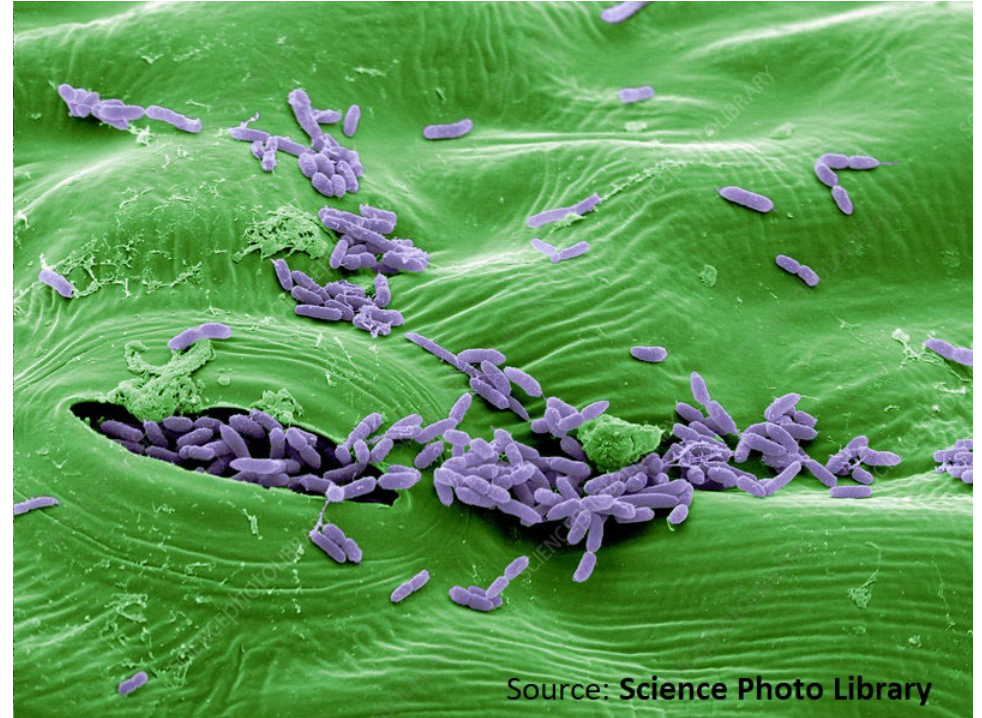
CLEAN: PROPER HANDWASHING

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least **20 seconds**. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them



CLEAN: PREVENT FOOD CONTAMINATION

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash your hands for at least 20 seconds with soap and warm or cold water before, during, and after preparing food and before eating.
- Always wash hands after handling uncooked meat, chicken and other poultry, seafood, flour, or eggs.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruits and vegetables under running water



E. Coli on lettuce

CLEAN: DISINFECT WORK SURFACES

- Using a **1-to-10 bleach-to-water ratio**, generously spray down work surfaces before and after food preparation
- After **six minutes**, remove the bleach solution with paper towels.
- Wash hands after disinfecting work surfaces, before handling any food, especially before and after handling raw meats, and after food prep



SEPARATE: DON'T CROSS CONTAMINATE

Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat food unless you keep them separate.

- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw or marinating meat, poultry, seafood separate from all other foods in the refrigerator on the **bottom shelf**.
- Store raw meat, poultry, and seafood in sealed containers or packages so the juices don't leak onto other foods.
- If possible, use one cutting board or plate for raw meat, poultry, fish and a separate cutting board or plate for produce, bread, and other foods that won't be cooked.
- If only one cutting board is available, it must be **washed** between preparation of raw meats and foods that won't be cooked
- **Do not** wash raw meat, poultry, or eggs. Washing these foods can actually spread germs.



SEPARATE: RECEIVING FOOD

- **Inspect** grocery bags/deliveries for:
 - Temperature, quality, pests, etc.
- Make sure food containers are not damaged.
- Make sure food is properly labeled.
- Store foods requiring refrigerated or frozen storage immediately at the correct temperature.
- Reject or properly discard food that has problems.
- Canned food must be labeled and not have the following:
 - Swollen ends
 - Leaks
 - Seal problems
 - Broken lids
 - Major dents
 - Rust

When in doubt, Throw it out!





SEPARATE: SORTING FOOD


Storage


- Separate raw and cooked foods.
- Rotate food to ensure that the oldest food is used first. First in, First out (FIFO).
- Check the shelf life / expiry date of food.
- Do not distribute food after it has expired.
- Do not store leftovers for more than **three** days and make sure container is labeled with the date it was originally made


How to use FIFO:

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1 Locate products with the soonest best before or use-by dates.
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2 Remove items that are past these dates or are damaged
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3 Place items with the soonest dates at the front.
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4 Stock new items behind older ones; put latest dates at the back.
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5 Use/sell stock at the front first.



FIFO Tips:

- ✓ Check products for damage or deterioration.
- ✓ If a product isn't put out, make a note of why.
- ✓ Make sure goods are faced up.
- ✓ Don't overload refrigerators.
- ✓ Label decanted food with a best before or use-by date.

SEPARATE: FOOD ACIDITY

Acidity

- Acidified – or “pickled” - foods do not require refrigeration
 - Examples include pickles, ketchup and certain fruits such as lemons, limes and grapefruit
- Regardless of a food’s acidity, follow a food products label instructions on whether a product needs to be refrigerated or not

COOK: FOOD THOROUGHLY

- Cook to the right temperature (chart on the right)
- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick.
- Use a **food thermometer** to ensure foods are cooked to a safe internal temperature.
- The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture (except for seafood).

<u>Food Type</u>	<u>Celcius</u>	<u>Farenheit</u>
Beef	65 70	145 (steaks and other cuts) 160 (ground meat and sausage)
Casseroles	75	165
Chicken	75	165
Eggs	Cook until whites are firm	
Ham	65	145
Leftovers	75	165
Pork	65	145
	70	160
Fish	65	145

COOK: MICROWAVE FOOD THOROUGHLY

- When applicable, follow microwave instructions found on food's packaging
- Letting food sit for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook more completely.
- Know your microwave's wattage. Microwaves of higher wattage require less cooking time than microwaves of lower wattage.
- When reheating, use a food thermometer to make sure that microwaved food reaches a minimum of 75°C/165°F.
- Be sure that leftovers are labelled with the date they were made and disposed of not more than three days later



CHILL: STORAGE

- Store food and supplies in a clean area.
- Store food at the proper temperature.
- Store food away from sanitation, chemicals, and potential physical contaminants.
- Store refrigerated food in this order from top to bottom:
 - Ready to eat food on higher shelves
 - raw meat on lowest shelves
 - fruits and vegetables in drawers
 - condiments in door



CHILL: DANGER ZONE

- Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between **4°C/40°F** and **60°C/140°F**.
- Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours.
- If the food is exposed to temperatures above 30°C/90°F, like a hot car or picnic, refrigerate it within 1 hour.
- Keep your refrigerator at **4°C/40°F** or below and your freezer at **-20°C/0°F** or below, and know when to [throw food out before it spoils](#).
- If your refrigerator doesn't have a built-in thermometer, keep an appliance thermometer inside it to check the temperature.
- Document temperature readings for your refrigerators and freezers weekly



CHILL: LEFTOVERS AND FROZEN FOOD

Storing leftovers:

- Package warm or hot food into several clean, shallow containers and then refrigerate. It is okay to put small portions of hot food in the refrigerator since they will chill faster.
- Label any leftovers and be sure they are disposed of within **three** days
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw food on the counter because bacteria multiply quickly in the parts of the food that reach room temperature.
- Previously frozen food that has thawed should not be re-frozen



PEST CONTROL: REPORTING

- **Report any pest sightings to administration immediately**
- Do not attempt “home remedies” for pests
- If an exterminator is scheduled, make sure to do any and all preparation that the exterminator has indicated before their appointment (such as moving furniture, lifting items off of the floor, e.t.c.)



CONGRATULATIONS!

This concludes the Food Safety Powerpoint.

You are ready to take the Food Safety quiz!

[Click here to launch the food safety quiz.](#)