

# Food Safety

## Food Safety Training

### York Region Food for Learning

encourages student nutrition programs to send at least one person from their program to York Region Community and Health Services PROTON – Food Handler Certification Course. The one day workshop is offered on a monthly basis at their offices (Markham, Richmond Hill and Newmarket, please check scheduling). The training is offered free of charge.

The workshop is designed to help food handlers qualify for a Food Safety Certificate. Upon completion of the workshop, participants will then complete the exam. Those who successfully pass the exam will become Certified Food Handlers, a designation that is recognized throughout Ontario and valid for five years.

Contact York Region Food for Learning at 905-868-9691 if you are interested in enrolling in the PROTON course.

## Receiving and Storage

- Check best before/expiry dates
- Ensure packaging is intact and cans are free of dents
- Store all raw food products (meat, eggs, fruit [not bananas], vegetables and dairy products) in a refrigerator
- Rotate stock: first in, first out
- Use thermometers for refrigeration units and freezing units

- Store high risk/hazardous food products such as meat and dairy products at 4°C (40°F) or lower
- Keep frozen food products at -18°C (0°F) or lower
- Do not accept or purchase dented/damaged cans
- Carefully check all food donations
- Do not prepare program food at home

## Prevent Time/Temperature Abuse

- Limit the amount of time food is left in the Danger Zone between 4°C and 60°C (40°F and 140°F)
- Thaw food products in the refrigerator, under cold running water or in the microwave
- Check internal temperatures of food using a clean and sanitized probe thermometer
- Cook hazardous food to the proper internal temperatures, such as ground beef to 71°C (160°F) or higher
- Cool food as quickly as possible
- Reheat food products quickly to their original cooking temperature

## **Personal Hygiene**

- Do not handle or prepare food if you have cold or flu-like symptoms
- Properly confine your hair
- Wash hands using the 6-step method after using the washroom, handling raw meats, etc.
- Do not touch hair, face or other parts of the body with your hands and then touch food

## **Prevent Cross-Contamination**

- Store raw meats on bottom racks of refrigerators so that raw meat juice will not drip on other food items
- Cover and label all food products in refrigerators
- Avoid handling food with your hands; use tongs, ladles, lifters and scoops whenever possible
- Do not dip fingers into food or lick fingers
- Use proper “taste-testing” method; transfer a small portion of the food to be tasted to a bowl and use a separate clean utensil to taste the food; wash and sanitize utensil after use
- Provide separate cutting boards for different food items, i.e., one board for meats and one board for vegetables and fruit
- Wash, rinse and sanitize utensils, equipment, cutting boards and counters after use

## **Cleaning and Sanitizing**

- Ensure all items are washed and rinsed prior to be sanitized
- Use an approved sanitizer such as chlorine (household bleach at 5.25% chlorine), quaternary ammonia or iodine
- Use the proper strength, such as mixing 2 mL (approximately ½ teaspoon) of household bleach (5.25% chlorine) with 1 litre (4 cups) of warm water
- Verify the correct sanitizing concentration with a sanitizer test strip