

Food Safety Education

Every operator of a food premises, and at least one person on-site, must have a FOODSAFE certificate. If you are interested in taking a FOODSAFE course, contact your local health unit or visit www.foodsafe.ca.



Food Inspection

Public Health Inspectors inspect food premises, including restaurants, bakeries, grocery stores, caterers, and temporary food events. Our goal is to educate food handlers and to reduce the risk of foodborne illness.

Areas of importance during a routine inspection:

- Temperature Control
- Food Handling Practices
- Employee Hygiene
- Construction
- Sanitation



For more information, please contact your local health unit or visit our website:

www.interiorhealth.ca

or

www.bchealthguide.org/



Interior Health



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Food Poisoning

What is food poisoning?

What some people call “food poisoning” is actually a foodborne illness caused by eating or drinking contaminated food or water. There are more than 200 known diseases transmitted through food and water. Most people, at some point in their life, will get a bout of food poisoning. Every year, millions of Canadians get sick from a foodborne illness.

A foodborne illness is usually caused by a food consumed 1 to 7 days before symptoms — not the last thing you ate.

How do I know for sure if I have a foodborne illness?

Contact your doctor. The only way to know for sure if you have a foodborne illness is for a laboratory to test your stool or vomit sample.

How can food become contaminated?

- Improper handwashing, before preparing or handling food
- The slaughtering process
- Improper storage temperatures
- Leaving perishable food at room temperature too long
- Raw meat juices contacting ready-to-eat foods

Danger Zone

Prevent harmful germs from growing!

They need time to grow to dangerous numbers. They also need their favorite temperature, which falls in the Danger Zone, between 4°C and 60°C. Store cold foods under 4°C and hot foods above 60°C. Just one bacterium at its favorite temperature will multiply every 15 minutes. After only 8 hours, there will be millions.

INTERNAL COOKING TEMPERATURES

| | |
|---|------|
| POULTRY | 85°C |
| GROUND MEAT | 70°C |
| PORK, LAMB, VEAL, BEEF (Whole Cuts) | 70°C |
| FOOD MIXTURES (containing poultry, eggs, meat & fish) | 74°C |
| RARE ROAST BEEF | 63°C |
| FISH | 70°C |
| EGGS | 63°C |

Food Safety Tips

At home:

- ✓ Do NOT keep cooked foods at room temperature for more than 2 hours
- ✓ Counter tops and cutting boards that come in contact with raw meat need to be thoroughly cleaned with hot, soapy water
- ✓ Use a probe thermometer to ensure your food is cooked properly
- ✓ Keep foods out of the danger zone — cold foods under 4°C and hot foods above 60°C
- ✓ Keep raw meats on the bottom shelf of the fridge so raw juices don't drip onto other food
- ✓ After preparing raw meat, do NOT use the same cutting board or utensils to prepare other foods



Heading to a developing country?

- ✓ As soon as you begin to make plans, contact your doctor or travel clinic. He/she may recommend a vaccine for foodborne illness such as Hepatitis A
- ✓ Drink bottled water: Don't forget to use it for brushing your teeth too!
- ✓ Opt for fruits that you can peel, such as a banana, orange, kiwi or grapefruit