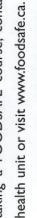
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Food Safety Education

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



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



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

www.interiorhealth.ca

or

www.bchealthguide.org/





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Health Protection • Less Risk – Better Health

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Food Poisoning

What is food poisoning?

is usually caused by a A foodborne illness I to 7 days before food consumed 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 their life, will get a bout of food poisoning. Every year, millions of transmitted through food and water. Most people, at some point in Canadians get sick from a foodborne illness.

symptoms -- not the

last thing you ate.

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 hot foods above 60°C. Just one bacterium at its favorite temperature and 60°C. Store cold foods under 4°C will multiply every 15 minutes. After only 8 hours, there will be millions.

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 read-to-eat foods

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

Food Safety Tips

At home:

- at room Do NOT keep cooked foods temperature for more than 2 hours
- and boards that tops

/ Counter

cutting

- thoroughly cleaned with hot, soapy water come in contact with raw meat need to be
- 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!
- đ V Opt for fruits that you can peel, such as banana, orange, kiwi or grapefruit

