

Topic: Food Safety

Millions of people each year in North America get sick from food -borne illnesses. Whether you are preparing a bag lunch to take to work or barbecuing a steak in the backyard on the weekend, practice safe handling of food at all times. There are some steps that can be taken to keep food safe during preparation, cooking and storing.

Preparation:

- Wash hands before and after handling food.
- Thoroughly wash fruits and vegetables before eating
(use a Vegetable wash of 1 part vinegar to 3 part water and 1 tbsp salt to remove impurities)
- Take care to not contaminate fresh vegetables with raw meat, use separate cutting boards

Cooking:

- Many raw foods, particularly poultry, meat and eggs may be contaminated with disease-causing organisms
- Thoroughly cook meat, remember all parts of the food need to reach 70 degrees Celsius
- Use a digital food thermometer to test foods

Storing:

- Keep foods out of the “Danger Zone” This is a temperature between 4 – 40 degrees Celsius.
- Do not consume any perishable food that has remained at this temperature for 2 hours or more.
- When transporting lunches to work, use an ice pack to keep food chilled and refrigerate as soon as possible.
- Freeze or consume food within 4 days of cooking

There are many parasites and several types of bacteria that can make people ill from contaminated food. Some of the more common bacteria are Salmonella, Listeria Monocytogenes, E-Coli and the most frequently reported is Campylobacteriosis. the symptoms associated with a food-borne illness are malaise, abdominal pain, diarrhea, nausea and vomiting. These symptoms can begin shortly after consumption of the contaminated food or weeks after. Seek medical attention if you suspect food poisoning or any of these symptoms persist.

A True Story:

Recently, a young 10-year-old girl developed nausea, fatigue and bloody diarrhea a week after a Community Barbecue where she had eaten a hamburger. The culprit was the E-coli bacteria. It resulted in her becoming very sick even became life-threatening. Over several weeks her illness grew increasingly more serious. Specialists worked to save her young life. Kidney failure resulted in her needing dialysis. Finally after months of hospitalization, she underwent a kidney transplant. All this heartache and trauma because of contaminated food.

The information presented herein has been compiled from various sources believed to be reliable; however, it cannot be assumed that all acceptable safety measures are contained in this publication or that other additional measures may not be required under particular or exceptional circumstances. While every effort is made to ensure that information and recommendations contained within this publication are the best current opinions on the subject, no guarantee or warranty is made by Health Safety and You as to the absolute correctness or sufficiency of any representation contained in this publication herewith.

TOOLBOX TALKS



She is not alone, more than 50 million North Americans a year get sick from Food-Borne Illnesses. Thousands of cases of food poisoning even result in death. Taking some simple precautions can make this preventable.

Keep Workplace Food Safe:

- Regularly check on site fridge temperatures, keep below 4 degrees Celsius
- Remove leftovers at end of each week
- Don't keep lunches at desk or in vehicle without icepack
- Keep eating areas and surfaces clean
- Practice regular hand washing

The information presented herein has been compiled from various sources believed to be reliable; however, it cannot be assumed that all acceptable safety measures are contained in this publication or that other additional measures may not be required under particular or exceptional circumstances. While every effort is made to ensure that information and recommendations contained within this publication are the best current opinions on the subject, no guarantee or warranty is made by Health Safety and You as to the absolute correctness or sufficiency of any representation contained in this publication herewith.