

Food Safety at Home

Public Health experts estimate that there are 11 to 13 million cases of food-borne illness in Canada every year. Food-borne illness or food poisoning is caused by eating contaminated food products. To help reduce the risks of food borne illnesses, here are some ways to handle and prepare your food safely.

Pamphlets

Grade 9-12

- **Food Safety at Home: Your guide to safe food-handling** (developed by FightBAC! ®). A pocket sized guide designed to educate persons who prepare food at the home to reduce the incidence of food poisoning. The guide discusses what food poisoning is, who is at high risk to food poisoning and the four easy safe food-handling steps to eliminate harmful bacteria at home. The steps include Clean, Chill, Separate and Cook. Helpful tips on food storage timelines, thermometer use and appropriate food temperatures are included. The Food Safety at Home pamphlet can be ordered free of charge from York Region *Health Connection* at 1-800-361-5653.

Websites

Be Food Safe ©

www.befoodsafe.ca

Is a new campaign, proven effective with an adult audience in conveying the “core four” safe food handling practice areas of Clean, Separate, Cook and Chill to reduce the risk of food poisoning. Designed by the Canadian Partnership for Consumer Food Safety Education, the campaign is set to remind consumers about basic safe food handling practices using a colourful and lively series of modular graphic icons.

CFIA-Food Recall

<http://www.inspection.gc.ca/english/corpaffr/recarapp/recaltoce.shtml>

Created in 1997, CFIA is responsible for the delivery of all federal food safety, animal health and plant health regulatory programmes. Its mandate is to minimize and manage public health risk associated with these programmes. Sign up for food recall email notifications right into your email box.

Health Canada

<http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/index-eng.php>

Health Canada is the federal department responsible for helping Canadians maintain and improve their health, while respecting individual choices and circumstances. The website has a wealth of health-related information based on high-quality scientific research. Look to Health Canada for a variety of food safety directives including the *In Your Kitchen: Safety Tips* page. This page provides guidance on topics including the “core four” safe food handling practice areas; Reusable Grocery Bags and Bins; Fresh Produce; Barbecuing; Home Canning; Using Eggs Safely etc.

Ministry of Health and Long-Term Care (MOHLTC)

MOHLTC is the provincial ministry responsible for administering the health care system and providing services through a variety of programs. The ministry has introduced *Food Safety Matters: Handle Food Safely* which discusses food safety practices in the home using the “core four” safe food handling practices areas of Clean, Separate, Cook and Chill. A variety of food safety fact sheets available in the publications section for print include Reduce the Risk of food-borne illness, Unpasteurized Milk, Safe Food Handling and Electrical Power Blackout.

http://www.health.gov.on.ca/english/public/program/pubhealth/safefood/safefood_mn.html

Public Health Inspectors are available for consultation related to Food Safety at Home information.

For more information, call York Region *Health Connection*
at 1-800-361-5653 or visit www.york.ca.

TEMPLATE