

## FOOD SAFETY

According to recent Canadian population studies, Health Canada and the Public Health Agency of Canada estimate that 11-13 million cases of food-borne illness occur each year.

Research findings by the Canadian Partnership for Consumer Food Safety Education reveal that despite the fact that a majority of adults feel confident they understand and follow safe food handling procedures, a sizeable number do not consistently follow certain safe food handling practices. Food handling safety risks at home are more common than most people think. The four easy lessons of *Clean, Separate, Cook and Chill* can help prevent people from becoming sick from the food they eat.

### Workshops

#### Grade 9-12

- **PROTON Food Handler Certification Course** – An educational program developed by the York Region Community and Health Services Department, which teaches the basics of safe food handling. The attendee acquires knowledge and life skills training in food safety to prevent food-borne illnesses. This course includes information on inspection and legislation, basic microbiology, safe food sources and storage, personal hygiene, cross-contamination and time/temperature abuse. A train the trainer option is available for high school teachers, who will then teach the class the course. The course is broken up into 7 Chapters. Students successful in the course will obtain a certificate which is valid for five years and recognized by all health departments in Ontario. This certificate can assist students in obtaining gainful employment in the food industry. This course is offered to High Schools at a reduced rate. To register for the program or to make arrangements to have the program offered at your school, contact *Health Connection* at 1-800-361-5653.

### Speakers

#### Grade 9-12

- **Public Health Inspectors Presentations on Food Safety** - Public Health Inspectors are available for consultations and presentations on Food Safety. For more information on how to arrange for a presentation, contact *Health Connection* at 1-800-361-5653.

### Pamphlets

#### Grade 9-12

- **Be Food Safe Brochure** - Developed by the Canadian Partnership for Food Safety. This brochure is focused on making people aware that food handling safety risks at home are more common than most people think. The four easy lessons of *Clean, Separate, Cook and Chill* are identified and explained in this brochure. We encourage you to distribute copies of these brochures in your school's office. Pamphlets can be obtained by contacting *Health Connection* at 1-800-361-5653.
- **Food Safety Fact Sheet Information Package** - Facts sheets developed by the York Region Community and Health Services Department provide on various areas of food



safety including, Holiday Food Safety, Packing Safe Lunches, Food Safety at Outdoor Events, and more. For more information on how to obtain copies of the fact sheets contact *Health Connection* at 1-800-361-5653.

- **PROTON** – This brochure is a useful tool to introduce the PROTON food handler certification program. It briefly explains what PROTON is, the benefits of PROTON and what the PROTON course covers. Pamphlets can be obtained by contacting *Health Connection* at 1-800-361-5653

## Websites

### Grade 9-12

#### Anaphylaxis Canada

[www.whyriskit.ca](http://www.whyriskit.ca) Anaphylaxis Canada has designed a website targeting teens who may be at risk for an anaphylactic reaction. The website provides the facts on anaphylaxis, teaches teens on how to manage risks in difficult situations like dining out with food allergies.

#### Be Food Safe ©

[www.befoodsafe.ca](http://www.befoodsafe.ca) *Be Food Safe* was introduced in Canada to bring renewed focus and a fresh new look to the four core food safety practices of *Clean, Separate, Cook and Chill*. This bold new *Be Food Safe* creative platform is designed to remind consumers about important safe food handling practices

#### Eat Right Ontario

<http://www.eatrightontario.ca/en/ViewDocument.aspx?id=289> Eat Right Ontario is a website that provides information to Ontarians about eating healthy from dietitians and nutritionists. It also has general guidelines for the shelf life of common foods. Read the label and check “best before” dates when applicable.

#### Health Canada

<http://www.hc-sc.gc.ca/fn-an/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 four core safe food handling practices of *Clean, Separate, Cook and Chill*.

#### CFIA-Food Recall

[www.inspection.gc.ca/english/corpaffr/recarapp/recaltoce.shtml](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.

#### Ministry of Health and Long-Term Care (MOHLTC)

[www.health.gov.on.ca/english/public/program/pubhealth/safefood/safefood\\_mn.html](http://www.health.gov.on.ca/english/public/program/pubhealth/safefood/safefood_mn.html)

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 four core safe



food handling practices 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, Safe Food Handling and Electrical Power Blackout.

For more information, call York Region *Health Connection*  
at 1-800-361-5653, TTY 1-866-252-9933  
or visit [www.york.ca](http://www.york.ca).