

Health Resources for Schools

FOOD SAFETY

It is estimated one in eight Canadians (or four million people) get sick due to food-borne illness acquired in Canada. Research findings by Public Health Ontario reveal private homes (42.3%) and restaurants (37.1%) were the most frequently suspected exposure settings for acquiring food-borne illness. Food handling safety risks at home are more common than most people think. The four simple steps of *Clean, Separate, Cook and Chill* can help prevent people from becoming sick from the food they eat.

Workshops

Grade 9-12

- **Food Handler Certification:** An educational program offered by the York Region Community and Health Services Department, which teaches the basics of safe food handling. Attendees acquire knowledge and life skills training in food safety to prevent food-borne illnesses. This certificate can assist students in obtaining gainful employment in the food industry. The program includes information on inspection and legislation, basic microbiology, safe food sources and storage, personal hygiene, cross-contamination and time/temperature abuse. The course is offered through a workshop or the teacher can teach the material and our staff will proctor the exam. The course is broken up into 10 chapters.

Students successful in the program, with a passing grade of 70%, will obtain a certificate valid for five years and recognized by all health departments in Ontario. This program is offered to high schools at a reduced rate. To register for the course or to make arrangements to have the course offered at your school, contact *Health Connection* at 1-800-361-5653.

Speakers

Grade 9-12

- **Presentations on Food Safety:** Public Health Inspectors are available for consultations and presentations for special events at your school and on food safety. Both these presentations look at the four simple steps of *Clean, Separate, Cook and Chill*. *Clean* focuses on washing hands and surfaces often, as bacteria can easily spread throughout the kitchen. *Separate* focuses keeping raw meat, poultry, seafood and their juices separate from foods that are cooked or ready-to-eat, preventing harmful bacteria from cross-contaminating. *Cook* focuses on cooking food to a safe internal temperature, making sure that food is cooked to a high enough internal temperature to kill the harmful bacteria. *Chill* focuses on refrigerating food promptly and cooling food quickly, as this is one of the most effective ways to reduce the risk of illness. For more information on how to arrange for a presentation, contact *Health Connection* at 1-800-361-5653.

1-800-361-5653
TTY 1-866-252-9933



York Region Health Connection

Community and Health Services

Public Health

www.york.ca

Pamphlets

Grade 9-12

Special Events Information Package (www.york.ca)

This package is designed to help you with special events at your school. The guidelines have been developed to assist event coordinators and volunteers with required safe food handling practices that will help prevent the risk of food-borne illness. The package outlines when you to submit an application to York Region for a special event.

Be Food Safe Brochure (www.befoodsafe.ca)

Developed by the Canadian Partnership for Food Safety, this brochure is focused on making people aware food handling safety risks at home are more common than most people think. The simple steps 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 at Home Fact Sheets and Videos (www.york.ca/foodsafety)

Fact sheets developed by the York Region Community and Health Services Department are available on food safety at home including, *Holiday Food Preparation, Packing Safe Lunches, Barbeque Safety* and more. As well, videos on how to safely handle food at home are available on the website. For more information on how to obtain copies of the fact sheets contact *Health Connection* at 1-800-361-5653.

YorkSafe Food Handler Certification

This brochure is a useful tool to introduce the Food Handler Certification Program. The pamphlet briefly explains what the program is, the benefits and what the course covers. Pamphlets can be obtained by contacting *Health Connection* at 1-800-361-5653.

Websites

Grade 9-12

Be Food Safe Canada

The Canadian Partnership for Consumer Food Safety Education is a national association of public and private organizations committed to educating Canadians about the importance of safe food handling practices at home. The Be Food Safe Program provides resources on the four simple steps to food safety including *Clean, Separate, Cook and Chill*. The website provides information and downloadable resources including different steps, *Safe Internal Cooking Temperatures* and *Storage Chart*. For more information visit www.befoodsafe.ca



Canadian Food Inspection Agency (CFIA) – Food Recall

A food recall is an action taken by a company to remove potentially unsafe food products or products that do not comply with relevant laws, from the market. The CFIA makes recall information available on its website and through email and social media. York Region Public Health monitors the CFIA's web-based Food Recall and Allergy Alerts and notifies the school boards of recall food product(s). For more information and to sign up for *Food Recall and Allergen Alerts*, visit CFIA's website at www.inspection.gc.ca

Health Canada

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 food-related illnesses and safe food handling.. For more information visit www.hc-sc.gc.ca

For more information, call York Region *Health Connection*
at 1-800-361-5653, TTY 1-866-252-9933
or visit www.york.ca.

