

SAFE FOOD HANDLING



It is imperative that all schools prepare, store, and serve food and beverages using safe food handling practices in accordance with all provincial/territorial regulations to reduce the risk of foodborne illness. Breakfast Club of Canada requires a minimum of one volunteer at every club to have their food safety certification. It is also recommended that one volunteer be designated to fill the role of the food safety ambassador. They can routinely inspect the breakfast club with a critical second set of eyes to ensure a safe food environment is maintained at all times.

HERE ARE FOUR SIMPLE FOOD SAFETY TIPS THAT SHOULD BE FOLLOWED AT THE BREAKFAST CLUB:

	HOW?	WHY?
WASH HANDS OFTEN	<ul style="list-style-type: none"> • Have supplies: soap and paper towels; • Use warm water and soap; • Lather for 20 seconds, rinse and dry hands. 	<ul style="list-style-type: none"> • Hands are a common source of germs; • Poor hand washing greatly increases the risk of foodborne illness.
REGULARY USE SANITIZER ON SURFACES	<ul style="list-style-type: none"> • Mix and use sanitizer solution (1/2 tsp bleach per 1 litre of water) or use the solution approved by your local health unit and school board 	<ul style="list-style-type: none"> • Kills germs on surfaces; • Reduces contamination of food.
SEPARATE	<ul style="list-style-type: none"> • Avoid cross contamination • Use one knife and cutting board for meats and a separate one for fruit, vegetables, etc. 	<ul style="list-style-type: none"> • Cross contamination is one main way that harmful bacteria is spread
CONTROL TEMPERATURES	<ul style="list-style-type: none"> • Keep hot foods hot (60°C or hotter); • Keep cold foods cold (4°C or colder); • Check and record temperatures regularly. 	<ul style="list-style-type: none"> • Prevents bacterial growth in food; • Reduces risk of foodborne illness.

**Please connect with your school administration and the nearest public health agency to ensure compliance with all safe food handling requirements and regulations at your school.*