



# HEALTH AND FOOD SAFETY IS OUR PRIORITY!

## FOOD PREPARATION AND SERVICE

- Wash your hands when you arrive and when necessary.
- Always wear a hair net that completely covers your hair when preparing, serving food and cleaning up.



- Remove all visible jewellery (rings, watches, earrings, etc.) or make sure they are completely covered by your apron or hair net.
- Wash or change knives and cutting boards when preparing different foods.
- When serving, use different tongs for each food choice.



- Always wear a clean apron when preparing and serving food.
- Do not eat when preparing or serving food. Touching your mouth with your hands increases the risk of contamination.
- Change water in the warming pan every week.
- Leave fresh food in the refrigerator until just before serving breakfast.

## FOOD



- Respect food expiration dates.
- Make sure food is properly rotated.
- Rinse all fruit before cutting up and serving.
- Wash hands after touching eggshells. **Significant risk of contamination.**
- Verify appliance temperature regularly and keep daily log:
  - Refrigerator: keep between 0 °C and 4 °C
  - Freezer: keep at -18 °C

## FOOD ALLERGIES AND INTOLERANCES

- Be aware of cross contamination. Pay particular attention to utensils and equipment that have been used. Make sure that a system to identify allergies and intolerances is in place, clear and known by all.

## CLEANING AND SANITIZING



- Follow these steps when washing dishes:
  1. Pre-wash (to remove bits of food)
  2. Wash (in a basin of water and dish detergent)
  3. Rinse (in a basin of clean water)
  4. Sanitation (in a basin containing 2 ml of sanitizer / litre of water)
- Wear safety glasses when handling concentrated sanitizer.
- Use these steps for washing small pieces of equipment as well (warming pan holder, detachable toaster parts, etc.).

- Wash tables and work surfaces with diluted sanitizer before food preparation and after breakfast.
- Wash trays every day with diluted sanitizer. Wash them using the 4 dish-washing steps once a week.
- Dishcloths and dishtowels should be washed before being re-used for another morning.
- Make sure to keep the fridge, freezer, toaster and all other Club equipment clean and in good condition.



BREAKFAST CLUB OF CANADA HEALTH AND SANITATION INSTRUCTIONS  
(IN COMPLIANCE WITH MAPAQ STANDARDS)

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