

Safe Food Handling For Health Unit Functions

For Official Health Unit Functions

Food Purchased By Health Unit Employees

When shopping for food:

- ✓ Buy cold and frozen food last
- ✓ Make sure that cold foods are cold and frozen foods are solid
- ✓ Check the "best before" date
- ✓ Choose canned foods that are free of dents, cracks or bulging lids
- ✓ Transport foods home quickly and refrigerate
- x **Do not purchase** unpasteurized juices and ciders.

When Storing Food:

- ✓ Keep the refrigerator at 4 °C (40 °F) and the freezer at -18 °C (0 °F). Use an appliance thermometer to make sure your fridge is the right temperature
- ✓ Store all chemicals separately and away from food.

- x **Do not** overload the refrigerator – cool air must be able to circulate.

When Serving Food:

- ✓ **Wash Your Hands** thoroughly with warm water and soap before serving food, or use an alcohol-based hand rub (70-90% alcohol)
- x **Never** leave potentially hazardous food out for more than two hours.

Food Provided By an Approved Caterer

When Food Arrives:

- ✓ Hot foods must arrive hot, above 60 °C
- ✓ Cold foods must arrive cold, below 4 °C
- ✓ If you have serious concerns about the temperature of food upon its arrival, you can check the internal temperature of the food with a probe thermometer, or contact the EH team for assistance.

When Serving Food:

- ✓ **Wash Your Hands** thoroughly with warm water and soap before serving food, or use an alcohol-based hand rub (70-90% alcohol)
- x **Never** leave potentially hazardous food out for more than two hours.