

Food Safety

Annual Review Fair Continuing Care

January 1, 2022 – December 31, 2022
Saskatoon - Urban



Saskatchewan
Health Authority

Food Safety

Why is Food Safety Important?

- Nearly all causes of foodborne illnesses are preventable.
- Food safety is very important in Long Term Care homes where many people have compromised immune systems.



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Three Main Causes of Foodborne Illness

1. **Chemical** causes, such as cleaning agents and sanitizers
2. **Physical** causes, such as glass or hair
3. **Biological** causes, such as bacteria and viruses such as E. Coli, Listeria and Norovirus

Examples of symptoms include: nausea, vomiting and diarrhea.



Not all bacteria are harmful. Food service workers are mostly worried about bacteria that cause disease. Disease causing bacteria are also called pathogens.



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Pathogen Growth – Favorable Temperatures

- Pathogenic bacteria can grow and multiply quickly in the “danger zone”.
- Above 60°C (140°F) most bacteria die
- Below 4°C (40°F) they do not die, but they do not grow as quickly

The DANGER ZONE for
food is:

4° - 60°C

(40° - 140°F)



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Pathogen Growth - Environment

Proper Pathogen Environment

Some foods provide an environment that allows bacteria to grow very quickly

Some examples of these foods are:

Milk and Milk Products
Eggs
Meat, Fish and Poultry
Gravies, Puddings and Custards
Potatoes, Soup and Sauces
Cream Filled Baked Goods
Salads with dressing



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Pathogen Growth - Time

- The longer that food sits in the DANGER ZONE (4-60°C/40-140°F), the more bacteria will grow
- Bacteria count can double in as little as 10-20 minutes
- Heating and cooling foods as quickly as possible is important to prevent pathogen growth



*The number one
cause of foodborne
illness is taking
too long to cool
food*

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What can we do to prevent foodborne illness?

Time/Temperature Control is the most effective way to prevent foodborne illness

- Move food as quick as possible through the DANGER ZONE (4-60°C/40-140°F)
- Food should only be held in heating devices, such as steam tables or hot food carts, for 2 hours
- Refrigerated foods need to be kept at or below 4°C (40°F) and frozen foods at or below -18°C (0°F)



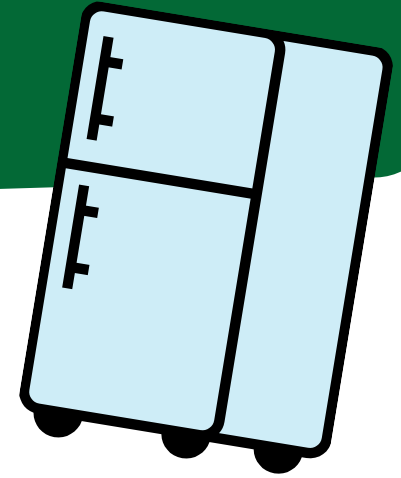
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Employee Health and Hygiene

- Frequent and proper **HANDWASHING** is one of the most effective ways to prevent spreading foodborne illness
- Fingernails must be clean and trimmed
- Gel nails must not be worn because they are known to accumulate bacteria and cannot be cleaned thoroughly
- Hair must be contained at all times and clean uniforms must be used every day



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Proper Food Storage

Receiving Food:

- **Check Best Before Dates/Expiry Dates** on food
- **Practice the First In, First Out (FIFO) Principle** (rotate stock so that earliest expiry dates are at the front and used first)

Refrigeration:

- **Check temperatures** of fridge regularly (at least 4°C (40°F) or colder)
- When you are doubting the safety of a food item, throw it out!

**Store cleaners and poisons
away from food storage areas**

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Proper Food Preparation Techniques

Thaw frozen foods:

- In a refrigerator at least 4°C (40°F) or colder. Ensure that you place the frozen food in a clean container or platter to hold any juices leaking out of the food.
- Under drinkable running water that is 21°C (70°F) or colder
- Submerged in cold water that is changed every 30 minutes until defrosted.
- In a microwave oven if the food will be cooked immediately
- **Thawing at room temperature is not safe**

Cooking:

- Cook or heat food to safe temperatures. Cooking food to an internal temperature of 74°C (165°F) for 15 seconds will kill **most** pathogens
- Measure cooked food temperature with a thermometer

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Proper Food Preparation

Hot Holding:

- Hold hot food at **60°C (140°F) or higher**

Reheating:

- Always reheat food to **minimum of 74°C (165°F)**

Cooling:

- It is **not safe to leave hot food at room temperature to cool**. Divide food into smaller batches and refrigerate immediately



Food should go from:

60°C (140°F) to 21°C (70°F) within 2 hours

21°C (70°F) to 4°C (40°F) within the next 4 hours

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Proper Cleaning

Clean and Sanitize:

- Temperatures and strength of chemical solutions used in the dish machine should be checked often
- All dishes should be air dried and never wiped with a cloth towel
- Cups and glasses should be stored face down and utensils with handles facing up



Food Safety

Reference

- Government of Canada. (2020-04-22). *Food Safety*.
<https://www.canada.ca/en/services/health/food-safety.html>