

You have a role in food safety!

Preventing or minimizing the risk of foodborne illness is everyone's responsibility including individuals preparing food for themselves or their family and friends.

Food contaminants may be:

- Biological (e.g. bacteria, viruses, moulds or parasites)
- Physical (e.g. glass or metal fragments)
- Chemical (e.g. cleaners, disinfectants, pesticides)

Safe food products result when using:

- Wholesome food
- Good food handling practices
- Properly designed, constructed, and equipped food facilities

By making sure you buy, handle, and prepare food safely, you play an important role in reducing the risk of foodborne illness.

Always prepare food safely.

Follow these four steps:

- 1. Clean** - Wash your hands before preparing and eating food. Wash food preparation surfaces often. Wash produce prior to preparing.
- 2. Separate** - Keep raw meat, poultry, seafood and their juices apart from other food items.
- 3. Cook** - Cook food to a safe internal temperature.
- 4. Chill** - Refrigerate promptly. Chill leftovers and takeout foods within 2 hours. Keep the fridge at 4°C (40°F) or below.

In Saskatchewan, The Food Safety Regulations subsection 26(1) requires food safety training to be received from an approved safe food-handling course.

Information on upcoming courses can be obtained by contacting your local SHA office at <https://www.saskatchewan.ca/residents/health/public-health/public-health-inspectors>

Potluck Guidelines

- KEEP HOT FOODS HOT AND COLD FOODS COLD. Keep hot foods above 140°F (60°C) with warming trays, chafing dishes or crock-pots. Keep cold foods below 40°F (4°C) by placing serving dishes on crushed ice.
- Potentially high risk foods (including those containing milk or milk products, eggs, seafood, meat, or poultry) should be avoided at your event unless you are sure you have adequate temperature control.
- Remember the '2-hour rule' - Don't let perishable foods linger for longer than two hours in the danger zone (between 40 to 140°F).
- Do not add new food to a serving dish that has been sitting at room temperature for more than two hours.
- Refrigerate leftovers promptly and use them within two to three days.

Bake Sale Guidelines

- Proper sanitary practices should be followed when preparing, transporting, displaying and serving baked goods.
- Food usually considered "low risk" includes: breads, buns, biscuits, cakes, loaves, squares, cookies, muffins, fruit pies and tarts, and doughnuts.
- Food NOT ALLOWED (potentially hazardous) contains meat, dairy products and raw eggs: cream or meat filled pies & pastries; meringue & pumpkin pies; custards; puddings; icings containing raw eggs, and home-canned food.
- All food must be individually wrapped in new food-grade materials (i.e. a new paper plate covered and sealed with plastic wrap).
- Dispensing of unwrapped food is not allowed.
- Label bake sale items with a list of ingredients and the date food was prepared.