

FOOD SAFETY REPORT



Nearly **48 million people** are sickened by food contaminated with harmful germs each year, according to the United States Food & Drug Administration. Health Canada and the Public Health Agency of Canada estimate that between 11 and 13 million Canadians suffer from illnesses caused by food-borne bacteria every year. In conjunction with National Food Safety Education Month this September, we've put together some tips to help you avoid food-borne illness and enjoy eating safely.

Prep School A Quick Guide to Safe Preparation of Food

The United States Department of Agriculture outlines the following steps to protect your health when preparing meat, fish or poultry:

- Wash hands with warm water and soap for at least 20 seconds before and after handling any food.
- Avoid cross-contamination. Keep raw meat, poultry and fish (and their juices) away from other foods. Always wash cutting boards, utensils, and countertops with hot water and soap after cutting raw meats.
- Sanitize cutting boards, utensils and countertops using a solution of one tablespoon unscented liquid chlorine bleach in one gallon of water.
- When marinating meat or poultry, use a covered dish in the refrigerator.

For more food handling safety guidelines, visit [fsis.usda.gov](https://www.fsis.usda.gov).

Eating Clean Wash Your Fruits & Vegetables

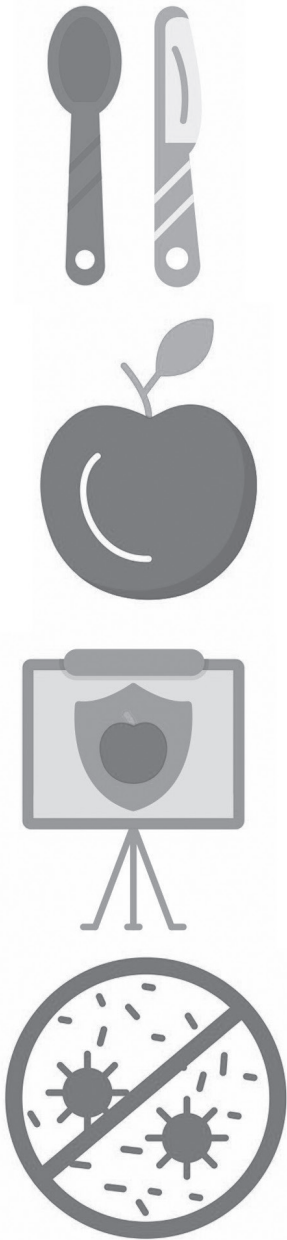
Washing raw fruits and vegetables before peeling, cutting, eating or cooking with them reduces the amount of bacteria that may be present. The Food & Drug Administration (FDA) recommends these guidelines for washing fresh produce and reducing your risks for food-borne illness:

Do use clean, cool water to wash fresh produce.

Don't use soaps or detergents.

After washing, dry produce with a clean cloth to remove more bacteria.

For firm produce, like potatoes or cucumbers, use a vegetable brush to help scrub away hard-to-remove microbes. When washing greens, separate leaves and soak in a bowl of cool water for several minutes. Drain with a strainer, rinse and repeat. The FDA recommends removing the outermost leaves from a head of lettuce or cabbage before washing.



Travel-Savvy Food Smarts

Eating there is half the fun when traveling, but few things can ruin a vacation faster than food poisoning. Follow these precautions when traveling abroad in developing countries to reduce your risk of food-borne illness:

DO

- Drink bottled water or canned beverages.
- Make sure vegetables, meat, poultry, eggs and fish are thoroughly cooked.
- Wash any raw fruit in safe water and peel it yourself before eating.

DON'T

- Drink tap water, including ice made with tap water.
- Eat salads or uncooked vegetables.
- Eat undercooked meats, unpasteurized milk products, unrefrigerated prepared foods or food prepared by street vendors.

Source: [Foodsafety.gov](https://www.foodsafety.gov)



7 TIPS FOR KEEPING FOOD SAFE AT HOME

1 SELECT YOUR RECIPES THOUGHTFULLY

When cooking for others, select recipes that provide the right nutrients in the right quantities, being mindful of food allergies, special diets or other restrictions.

2 SOURCE INGREDIENTS CAREFULLY

Make sure the foods being used are fresh and have not passed their expiration date. Use clean water to wash fruit and vegetables properly.

3 SANITIZE WORK SURFACES, EQUIPMENT AND HANDS

Before handling food, wash hands and make sure surfaces and equipment are clean. Disinfecting surfaces used to prepare raw food helps to avoid the spread of harmful microorganisms.

4 SEPARATE INGREDIENTS TO PREVENT CROSS CONTAMINATION

When handling food, keep raw meats, poultry and seafood separate from other ingredients and do not use the same knife or utensils to prepare them.

5 SERVE AT THE RIGHT TEMPERATURE FOR SAFE CONSUMPTION

It's important to cook food at the right temperature to kill dangerous microorganisms, but be careful not to overcook food, which can destroy nutrients and form harmful substances.

6 STORE FOOD SAFELY

When preparing food, keep ingredients out of the fridge for the shortest time possible and keep raw and ready-to-eat food apart. Do not leave ready-to-eat food out at room temperature for too long. When you're done eating, cool leftover food quickly, place in a sealed container in the fridge, and eat within two days.

7 SHARE YOUR KNOWLEDGE ABOUT SAFE FOOD

Help to ensure safe food for everyone by sharing and applying these principles every day.