

Food Handling Requirements for Restaurants Canada Show Enercare Centre February 24-26, 2019

The following food handling practices are provided for your information. It is required that these practices are implemented to ensure the food being offered to your guests is safe to eat.

Food Sampling

- Use tongs, serving spoons, ladles and spatulas to serve food into individual sample size portions.
- The samples should be offered in single portions by using individual serving plates, cups or serviettes.
- Guests must not be able to touch other food samples while they are taking their own sample.



Food Supplies

- All food shall be obtained from government inspected food premises. **NO home prepared food shall be used.**

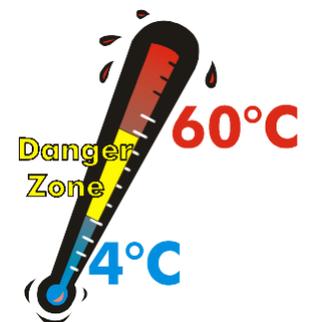
Food Protection and Storage

- All food must be protected from contamination at all times using such items as plastic wrap, aluminum foil, lids and/or sneeze guards.
- Food must be stored at least 15 cm (6") off the ground.
- Cold food must be kept at 4°C (40°F) or lower. Hot food must be kept at 60°C (140°F) or higher. Probe thermometers must be provided so that operators can ensure that food is being held at the proper temperatures. Refrigeration units, hot holding units and freezers must be used to maintain food at proper temperatures.
- Store cooked and ready-to-eat food on shelves above raw hazardous food in the refrigerator/freezer or in separate compartments.



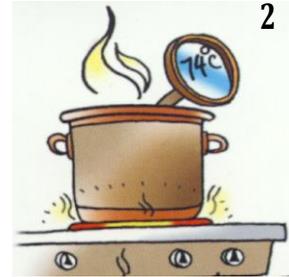
Food Preparation

- Minimize time that food is out at room temperature during preparation.
- Marinate food in the refrigerator.
- Process food a number of times in smaller batches, not a large batch all at once.
- Prevent cross contamination.
 - Use clean plates or containers for cooked food and not those that held raw food.
 - Clean and sanitize cutting boards and knives after each use and on a regular basis.
 - Use utensils such as tongs, ladles and spatulas when handling food.



Cooking Food Thoroughly

Food must be cooked and reheated to an internal temperature as indicated below. Steam Tables are not considered cooking equipment and are not to be used for reheating food under any circumstances.



Internal Temperatures for Cooking and Reheating Hazardous Food

Hazardous Food Item	Cooking for 15 seconds	Reheating for 15 seconds
Poultry: • Whole	82°C (180°F)	74°C (165°F)
Poultry: • other than whole poultry • all parts of ground poultry • all parts of ground meats that contain poultry	74°C (165°F)	74°C (165°F)
A food mixture containing poultry, egg, meat, fish or another hazardous food	74°C (165°F)	74°C (165°F)
Pork and pork products All parts of ground meat, other than ground meat that contains poultry	71°C (160°F)	71°C (160°F)
Fish	70°C (158°F)	70°C (158°F)

Handwashing Sinks



Properly supplied handwashing sinks are required for booths preparing a high volume and/or raw hazardous foods including meat, fish, poultry and dairy products.

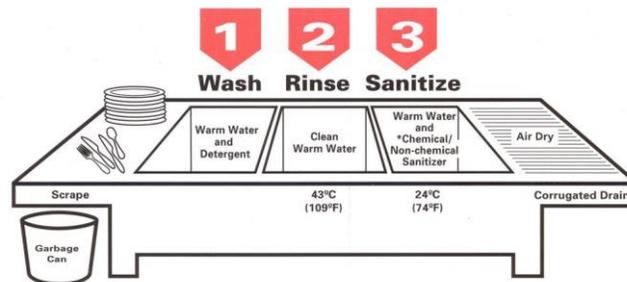
Handwashing stations consisting of free flowing water from a spout/spigot whereby hands can be washed at the same time, with liquid soap in a dispenser, paper towels and a container for waste water can be used in booths that are preparing and sampling non hazardous foods including french fried potatoes and beverages. Operators are responsible for maintaining proper water supplies and removing waste water from their booths.



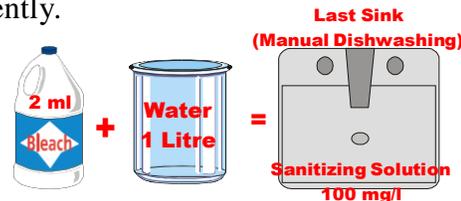
To be used for booths that are only preparing and sampling non hazardous low risk foods.

Cleaning and Sanitizing

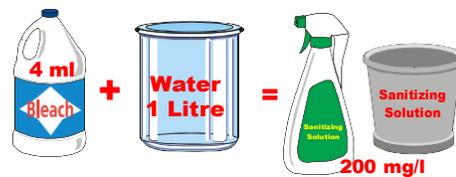
- Communal three (3) compartment sinks are provided for the proper cleaning and sanitizing of utensils and food containers on site. Ensure detergent and sanitizers are available for use.



- The last sink must be used for sanitizing utensils and food containers after washing. A sanitizing solution for the last sink can be made proportionately by the following. The sanitizing solution must be changed frequently.



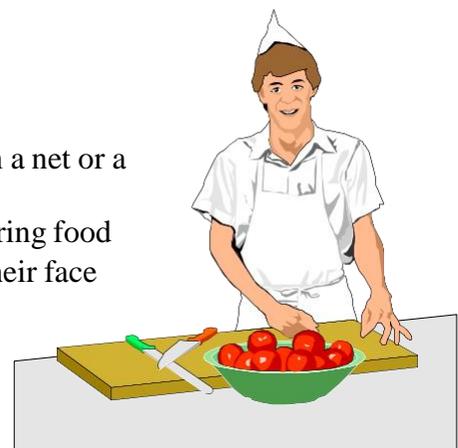
- Store cleaning supplies in an area separate from food.
- Food contact surfaces must be cleaned and sanitized after each use and on a regular basis.
- Provide a sanitizing solution stored in a spray bottle or a pail (for wiping cloths) to be used to sanitize all surfaces. The solution in the bucket should be changed every 4 hours and once a day in the spray bottle.



Personal Hygiene (Handwashing)

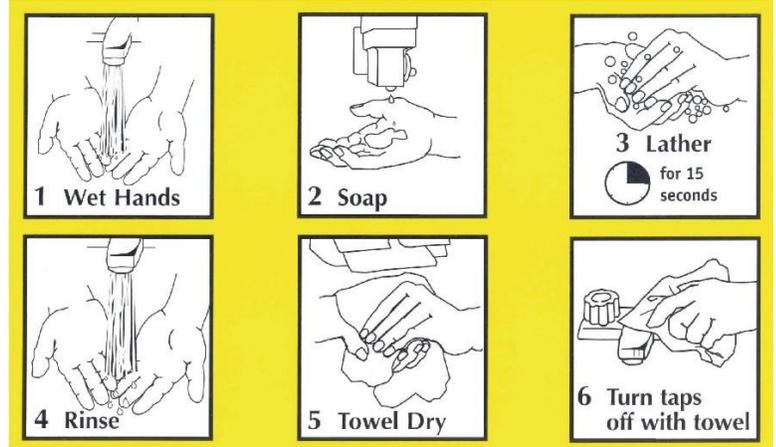
All food handlers

- Must maintain good personal hygiene
- Must wear clean outer clothing and have their hair confined in a net or a hat
- Should have trimmed nails and wear no jewellery when preparing food
- Should be aware of their habits such as nail biting, touching their face especially around the mouth, nose and eyes



Hands must be properly washed using the six step method as described.

- Hands must be washed whenever hands are visibly dirty.
- Wash hands after:
 - Handling hazardous or raw food
 - Sneezing or coughing
 - Touching something contaminated
 - Smoking
 - Using the washroom
 - Handling money
 - after finishing one job and before beginning another job
- Wash hands before:
 - starting work
 - handling any food



Ontario Regulation 562, Food Premises, under the authority of the Health Protection and Promotion Act, 1990, does not require the use of gloves.

- It is required that food handlers properly wash their hands before handling food. Utensils must be used whenever possible.
- Gloves are recommended when food handlers have cuts or wounds on their hands.
- The cut or wound should be bandaged and protected with a glove. This protects the wound and the food.

If gloves are used:

- They must be replaced after each task
- Hands must be properly washed before gloves are put on and each time gloves are removed
- Gloves must be properly stored to protect them from contamination

Remember;

- **Gloves do not replace handwashing**
- Gloves are a tool and must be used properly



Hand Sanitizers (70% alcohol-based)

- Hand sanitizers do not replace proper handwashing. They are an excellent supplement to proper handwashing.
- Hand sanitizers should be in contact with hands for at least 30 seconds to be effective.