



# FOOD RAP



FALL | WINTER 2024

## Food Safety YouTube Channel Spotlight + New Canning Video Alert!

Durham Region Health Department has a dedicated Food Safety YouTube channel with several helpful videos for you to view. You can find our food safety playlist here:

[Food Safety YouTube Playlist](#)

In this newsletter, we would like to highlight that various food safety topics are covered in the videos, including our \*new\* [canning video](#). Canning is making a comeback and, if done right, can create great end products such as jams, jellies, pickles, and soups. Many are not aware of the issues and unsafe conditions canning presents. In the new canning video, you will learn:



- ✓ Lab testing and processing requirements for prepared canned foods
- ✓ The difference between low-risk vs high-risk canned food items
- ✓ Why pH and water activity in food is important for shelf-stability
- ✓ Why canning vegetables isn't as safe as you may think
- ✓ A review and impact of low acid food items
- ✓ And much more!

Happy learning!



## Inside this issue...

- 2** The Importance of Handwashing
- 3** Manual Cleaning and Sanitizing: A Comprehensive Guide for Food Premises
- 3** Requirement for Food Safety Plans
- 4** The Importance of Record Keeping for Food Premises Operators
- 5** How to Stay Up-To-Date with Food Recalls



# The Importance of Handwashing

Approximately 100,000 cases of foodborne illness occur in Ontario each year due to enteric pathogens commonly transmitted through food ([Food Premises Reference Document, 2019](#)). Food handlers are expected to wash their hands frequently throughout the day to prevent the transmission of foodborne illness.

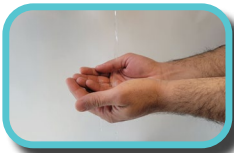
Food handlers must use a designated handwashing station to wash their hands. A handwashing station is a hand basin with hot and cold running potable water, a liquid soap dispenser and a single-service towel dispenser. Handwashing stations must be adequately supplied to ensure employees can wash their hands properly.

Food premises must have an adequate number of handwashing stations in each area where food is prepared or served. The handwashing stations must be unobstructed and situated for convenient access by all food handlers. Handwashing stations must be used only for the handwashing of employees and are not to be used for dumping or dishwashing. Having an unobstructed designated handwashing station encourages consistent and frequent handwashing by all employees.

## When to Handwash?

- Before handling food
- Between handling raw and ready-to-eat food products
- After handling money
- After touching your face, hair or mouth
- After sneezing or coughing
- After returning from the restroom
- Between glove changes

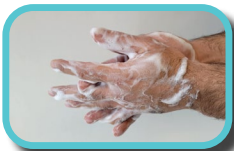
## Proper Handwashing Procedure



**Step 1: Wet hands**



**Step 2: Apply liquid soap**



**Step 3: Scrub backs of hands, between fingers, thumbs and around fingernails for at least 20 seconds**



**Step 4: Rinse**



**Step 5: Towel or air dry**



**Step 6: Turn off taps with towel**

# Manual Cleaning and Sanitizing: A Comprehensive Guide for Food Premises

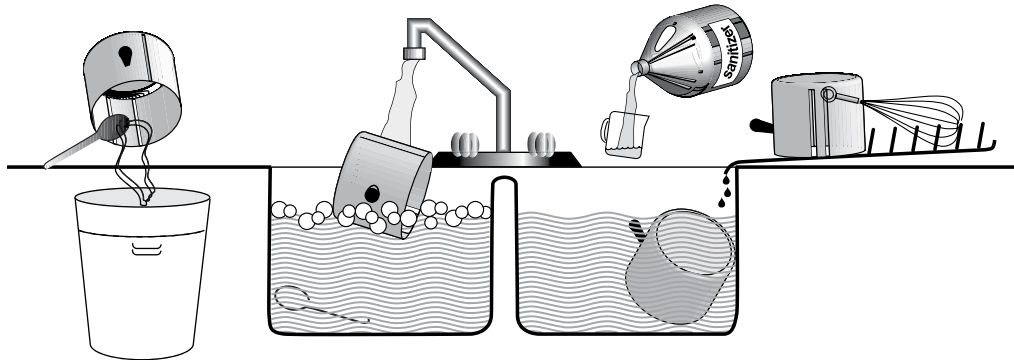
Did you know harmful microorganisms can hide on many surfaces in a kitchen? Using proper cleaning and sanitizing methods can prevent cross contamination and help ensure food is prepared in a safe manner.

Cleaning and sanitizing is a two step process: cleaning is the first step and then sanitizing follows. Cleaning removes visible dirt and grease using hot soapy water, followed with a rinse using warm water. Sanitizing reduces the number of harmful microorganisms on surfaces to a safe level. Dishes, pots, and utensils can be sanitized by fully immersing them for 45 seconds in a sink with hot water (at least 77° C) or a chemical sanitizing solution (chlorine at 100ppm, quaternary ammonium at 200ppm, or iodine at 25ppm).

Food contact surfaces and equipment that cannot be immersed such as large cutting boards, kitchen counters or food prep tables can be sanitized in-place

using a spray/bucket of chemicals by spraying/wetting the surface and waiting 45 seconds before wiping them down.

If you are manually preparing a sanitizing solution, ensure it is diluted to the correct concentration and verified using an appropriate test kit. For example, 200ppm chlorine sanitizer can be prepared by mixing 1 teaspoon (5mL) of bleach with 1 L of water. If other approved sanitizer products are used, make sure to follow the manufacturer's instructions for use. Do not mix soap or any other chemicals in your sanitizing solution as it can be toxic and/or decrease the effectiveness of the sanitizer. It is important to have ready-to-use sanitizer readily available (i.e. spray bottle/ bucket) whenever food handling occurs. Everyone at the food premises plays a key role in maintaining the cleanliness in the kitchen!



## Requirements for Food Safety Plans

The art of smoking, fermenting, curing, and drying meats has been around a long time, and is becoming increasingly popular in Durham Region. Though the process can lead to delicious and sometimes shelf-stable meats, it can also cause foodborne illness if not done in a safe manner. Before adding an in-house made manufactured meat product to your menu, you must first notify the Durham Region Health Department.

There are many different types of manufactured meat products such as salami, beef jerky and smoked brisket. An approved food safety plan will be required for each product prepared; please reach out to your public health inspector and they will provide you with a template.

A food safety plan is a written step-by-step procedure that ensures the food will be handled in

a safe and consistent manner, while also preventing the risk of foodborne illness. In the plan, you will need to identify the following:

- Each step in the preparation process identifying the critical steps to food safety
- How the critical steps will be checked and controlled
- Limits for safety (i.e. temperature/time, etc.)
- Actions to take if these safety limits are not met

You may need a license from the Ministry of Agriculture, Food, and Agribusiness (OMAFRA) when preparing manufactured meat products. Please contact [foodsafetylicensing@ontario.ca](mailto:foodsafetylicensing@ontario.ca) for more information or see the list of licensing exemptions under **O.Reg.31/05: Meat**.

A food safety plan may also be required for other speciality food items at the discretion of your public health inspector.



## The Importance of Record Keeping for Food Premise Operators

Maintaining accurate and detailed records is an important part of operating a food premise in Ontario. Clear documentation helps track critical aspects of your food operation and demonstrates your commitment to high food safety standards.

### Required Records

- Pest Control
- Food Processing (i.e. food receipts/invoices)
- Manufactured Meat Products (i.e. dried/cured/fermented meats, etc.)

Food premise operators must keep records for pest control, food processing and manufactured meat products for a minimum of one year after the records are created. These records must be accessible by a Public Health Inspector upon request and may be either digital or hard copy.

It is recommended that pest control be conducted by a licensed pest control company. If there is little to no pest activity, you may do your own monitoring, but this must be recorded.

Keeping food receipts and invoices ensures traceability in the event of a foodborne illness, outbreak, or recall. Additionally, if you are preparing a manufactured meat product, your records must include the type of meat products being prepared, supplier information, product weights and receipt dates.

The following records are recommended by the Durham Region Health Department:

- Temperature Logs for Equipment and Food Items
- Certified Commercial Kitchen Exhaust/Filter Cleaning
- Grease Trap Cleaning
- Certified Liquid Waste Removal
- Well Water Testing

Proper documentation helps protect your customers and your business, demonstrating a commitment to food safety!

## How to Stay Up-To-Date with Food Recalls

With several recent food recalls issued by the Canadian Food Inspection Agency (CFIA), it's important for you to be up-to-date about important recall information. We recommend food premise operators follow the CFIA recall page for the latest updates on current recalls. To subscribe, go to [Subscribe - Canada.ca](https://www.subscribe-canada.ca). Additionally, you can monitor the CFIA links on our website [Durham.ca/FoodSafety](https://www.durham.ca/FoodSafety) as well as our social media accounts.



**FOOD**

# Recall notice

Read the food recall notice. Check to see if you have the recalled product. Do not consume a recalled product.

 [durham.ca/foodsafety](https://www.durham.ca/foodsafety)  
Durham Health Connection Line | 905-668-2020 or 1-800-841-2729

If a recall is issued for a food product, please complete the following:

- Check if you have recalled products in your establishment by looking for the specific product name and size, UPC, and codes in the recall alert
- Do not consume, serve, use, sell, or distribute recalled products
- Recalled products should be thrown out or returned to the location where they were purchased
- You are advised to contact the retailer if you are unsure if you have purchased recalled products
- Follow the specific disposal requirements provided in the recall post
- Food and/or beverages created with the affected product should be discarded (freezing or heating food items may not make the food safe to eat)
- If you've prepared products with the recalled product and you've sent the product to other food premises, contact the food premises and make them aware not sell or offer the food item to the public
- If your clients, staff, or yourself became sick from consuming a recalled product, contact your healthcare provider immediately

Continue to maintain awareness about food safety recalls that may affect your business and customers.

## Contact Us



[durham.ca/foodsafety](https://www.durham.ca/foodsafety)



Durham Region Health Department  
Health Protection Division  
101 Consumers Drive  
Whitby, Ontario L1N 1C4  
Telephone (within regional limits): 311  
Telephone: 905-668-2020  
Toll-Free: 1-800-841-2729  
Fax: 905-666-1887  
Email: [EHL@durham.ca](mailto:EHL@durham.ca)



Thank You,  
Durham Region Health Department

