

Food**Safety**Market

marché de la *sécurité* alimentaire

Reference Handbook for Food Safety

In the Food Service and Food Retail Industries

This book is based on the Health Canada: Food Retail and Food Service Regulation and Code.

More information, and a copy of the code, is available at <https://www.foodsafetymarket.com/en-ca/blog/canadian-federal-food-safety-and-restaurant-regulation>



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Freeborn & Associates Inc. has received international awards for their leading-edge work implementing food safety programs and developing training materials.

Notice to Readers

The Reference Handbook for Food Safety in the Food Service and Food Retail Industries is a practical guide to understanding the principles outlined in the training course. Every effort has been made to ensure that the information contained in this workbook is accurate and complete at the time of printing.

However, this document does not constitute a legal interpretation of the requirements of food safety regulations and the author does not provide any such interpretations.

We do not accept any liability resulting from compliance or non-compliance with this Reference Handbook.

Readers should be aware that the author does not monitor or enforce compliance with the contents of this document. Any self-declaration of conformity or certification by a third-party stating compliance with the requirements of this document is at the sole responsibility of the individual or company making the statement. Consumers should exercise appropriate personal judgement and responsibility. Restaurant owners will create and enforce rules of behaviour and warnings appropriate for their managers, employees, and establishment.

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Introduction

About the Handbook

This reference handbook is a resource for food handlers and operators who need quick answers about “good operating practices” (GOP) in their food service operations.

The handbook is an on-the-job tool that augments the “Managing Food Safety” food handler certification training.

The content is based on the Food Retail and Food Services Code.

The Importance of Food Safety

Foodborne Illness in Canada:

- 4 million cases of foodborne illness each year.
- 39 thousand people hospitalized.
- 600 deaths.
- \$2 billion expense for our healthcare system.
- The average person gets sick from food 15 times in their life.

Most cases of the "24-hour flu" are in fact foodborne illness. You might ask, "If foodborne illness is so common, why don't we hear about it more often from our customers, in the news or from health authorities?" Only 1 in 10 cases of foodborne illness are reported to health care authorities. Since most cases go undiagnosed, they are not tracked or reported.

Therefore, foodborne illness has been largely overlooked in the past.

High Risk Populations

Perhaps you, or someone you know, have a young child or older family member. It is hard to accept that improper preparation of food could cause them serious, lifelong illness or even worse death!

Infants & Preschoolers

Very young children have not developed their immune system enough to fight some foodborne illnesses. This can result in permanent damage to their organs or death.

Pregnant Women

Women can become very sick and lose their baby if they become ill from food during pregnancy.

Elderly People

As people age their immune system can weaken, leaving them less able to fight off illness.

Sick People

When people are sick their immune system is already working hard, and the additional stress of foodborne illness can be very serious.

People on Medications

Medications such as antibiotics or others that affect the immune system can make people more vulnerable to foodborne illness.

Benefits of Food Safety Programs

- Help reduce the risk of foodborne illness
- Reduce illness related employee absence
- Improve employee pride in the operation
- Certification provides greater employment opportunities
- Help prevent the loss of business reputation
- Give customers greater confidence

The good news is foodborne illness is preventable. This food safety handbook is a practical tool for foodservice operators who must manage these food safety risks and help protect their customers.

How to Use the Handbook

Referring to the table of contents users will find an extensive listing of topics related to:

- Food Safety Hazards
- Construction, Design and Facilities
- Equipment and Utensils
- Control of Hazards throughout the flow of food
- Cleaning and Sanitation
- Pest Control
- Employee and Visitor Hygiene
- Food Safety Education and Training
- Food Safety Program (HACCP) Management

This information can be used to answer questions:

- When training new employees
- During internal audits and regulatory inspections
- When considering renovations or modifications of the facilities
- When purchasing food and equipment
- Dealing with vendors

The handbook has several QR codes linking to the Essential Guides to Food Safety. These are short (1 to 5 minute) videos explaining best practices.

The Essential Guides series is also available at store.foodsafetymarket.com in eight languages for on-the-job training and permanent job aids that can be mounted on the walls in food service facilities.