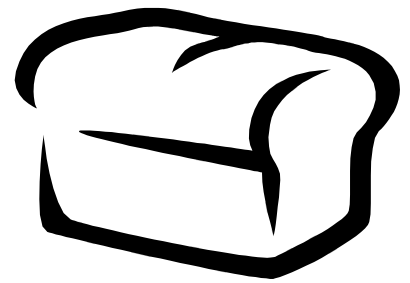


Home Based Food Preparation Industry



Food safety guidelines

These guidelines for the home based food preparation industry will help you and your workers to prepare safe food.

Can I prepare all kinds of foods?

No. Foods that contain meat, fish, dairy or egg products cannot be prepared at home for sale to the public.

Are there any exceptions?

Where dairy or egg products are used in baked or other goods and the baking or other goods inhibit the growth of disease causing bacteria.

Registration

Register your home based food preparation operation with the Government Service Centre. Please fill out a registration form. This helps us:

- Monitor food preparation activities that may affect the health of people in our province
- Respond effectively to any problems or complaints that may be received

Personal hygiene

All food handlers must wash their hands with soap and hot water



Before:

- Preparing Food
- Eating Food

After:

- Using the Toilet
- Smoking
- Handling Raw Eggs
- Sneezing and Coughing

Sanitation

- Water used for food preparation should be obtained from a source that has been approved by the Government Service Centre.
- If using town water, please check the water quality with the town office.
- Wastewater should discharge to a public sewer system or a private sewage disposal system, approved by the Government Service Centre.
- There should be a washroom nearby with hot and cold running water, soap, paper towels and toilet for use by the operator and employees.
- A two compartment sink, with hot and cold running water should be in the food preparation area for washing and sanitizing utensils and equipment.
- The two compartment sink can be used for hand washing if soap and paper towels are at the sink.
- Garbage should be stored in covered containers and promptly removed from the premises as needed.

Most foodborne illness can be avoided by following these simple food safety tips:

CLEAN:

Wash your hands frequently with soap and water

- Before handling food or eating
- After handling raw meats, using the toilet, touching pets/animals and changing diapers

Wash counters, utensils, cutting boards, and other surfaces after they come into contact with raw meat

COOK

- Cook all meats, poultry, and eggs to a proper internal temperature, as listed in the table
- Keep all hot foods at 60°C (140°F) or more, to prevent the growth of bacteria
- Use a kitchen thermometer to check cooking and storage temperatures

CHILL

- Chill all leftovers promptly to keep them out of room temperature
- Refrigerate all perishable foods at 4°C (40°F) or less, to prevent the growth of bacteria
- Thaw frozen foods in a refrigerator, cold water, or a microwave oven, not at room temperature

SEPARATE

- Use separate cutting boards for raw meats, and raw fruits and vegetables
- Store raw meats below ready-to-eat foods, on lower refrigerator shelves, to prevent contamination caused by dripping

Action	Temperature required
Refrigeration	4°C (40°F) or less
Freezing	Minus 18°C (0°F) or less
Cooking	
Food Mixtures containing Poultry, Eggs, Meat, Fish or other potentially hazardous foods	Internal Temperature of 74°C (165°F) for at least 10 minutes
Pork, Lamb, Veal, Beef (whole cuts)	Internal temperature of 70°C (158°F)
Rare Roast Beef	Internal temperature of 63°C (145°F) for 3 minutes
Poultry	Internal temperature of 85°C (185°F) for 15 seconds
Stuffing in Poultry	74°C (165°F)
Ground Meat	71°C (160°F)
Eggs	63°C (145°F) for 15 seconds
Fish	71°C (160°F)
Reheating	74°C (165°F)
Holding Hot Foods	60°C (140°F)
Cooling	60°C (140°F) to 20°C (68°F) within 2 hours 20°C (68°F) to 4°C (40°F) within 4 hours



**Department of Health and Community Services
 Department of Government Services
 Regional Health Authorities
 Revised January 2011**