

# Avenue II **Safety & Health Week** Newsletter

May 5-10, 2025

**Together** we can create **safe workplaces** and **communities**

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## FOOD SAFETY AT WORK AND HOME

Food safety is the science of handling, preparing, and storing food to reduce the risk of foodborne illnesses. Food can be contaminated with harmful bacteria, viruses, parasites or chemical substances.



The most recent average yearly estimates for foodborne illnesses due to known and unknown causes are:

- 4 million illnesses
- 11,500 hospitalizations
- 240 deaths

This means that every year, a total of about 4 million (1 in 8) Canadians are affected by a foodborne illness.

sciencenotes.org

### Types of Food Poisoning

Food poisoning comes from many sources, including bacteria, viruses, and fungi.



**Listeria**  
fresh milk,  
unwashed produce



**E. coli**  
fecal  
contamination



**Campylobacter**  
undercooking,  
unhygienic kitchen



**Salmonella**  
undercooking,  
poor hygiene



**Staphylococcus**  
unrefrigerated food



**Ciguatera**  
coral algae toxin



**Shigella**  
human waste  
contamination



**Botulism**  
damaged cans

## Food Safety

### 1. Clean

Always wash your hands, food, counters and cooking tools.

- Wash your hands in warm soapy water before and after touching food.
- Wash cutting boards, dishes, utensils, and counter tops with hot soapy water after each food item is prepared.
- Rinse fruits & vegetables
- Clean the lids on canned goods before opening.
- DO NOT wash meat, poultry, fish or eggs. If the water splashes from the sink in the process, it will spread bacteria.

### 2. Separate

Keep raw foods to themselves. Germs can spread from one food to the other.

- Keep raw meat, poultry, seafood, and eggs away from other foods.
- Do not reuse marinades on raw foods unless you bring it to a boil first.
- Use a special cutting board or plate for raw foods only.

### 3. Cook

Foods need to get hot and stay hot as heat kills germs.

- Cook to a safe temperature:
  - ~ Beef, pork, lamb 145°F (63°C)
  - ~ Fish 145°F (63°C)
  - ~ Ground beef, ground pork, ground lamb 160°F (71°C)
  - ~ Turkey, chicken, duck 165°F (74°C)
- Use a food thermometer to make sure food is done. You can't always tell by looking at it.

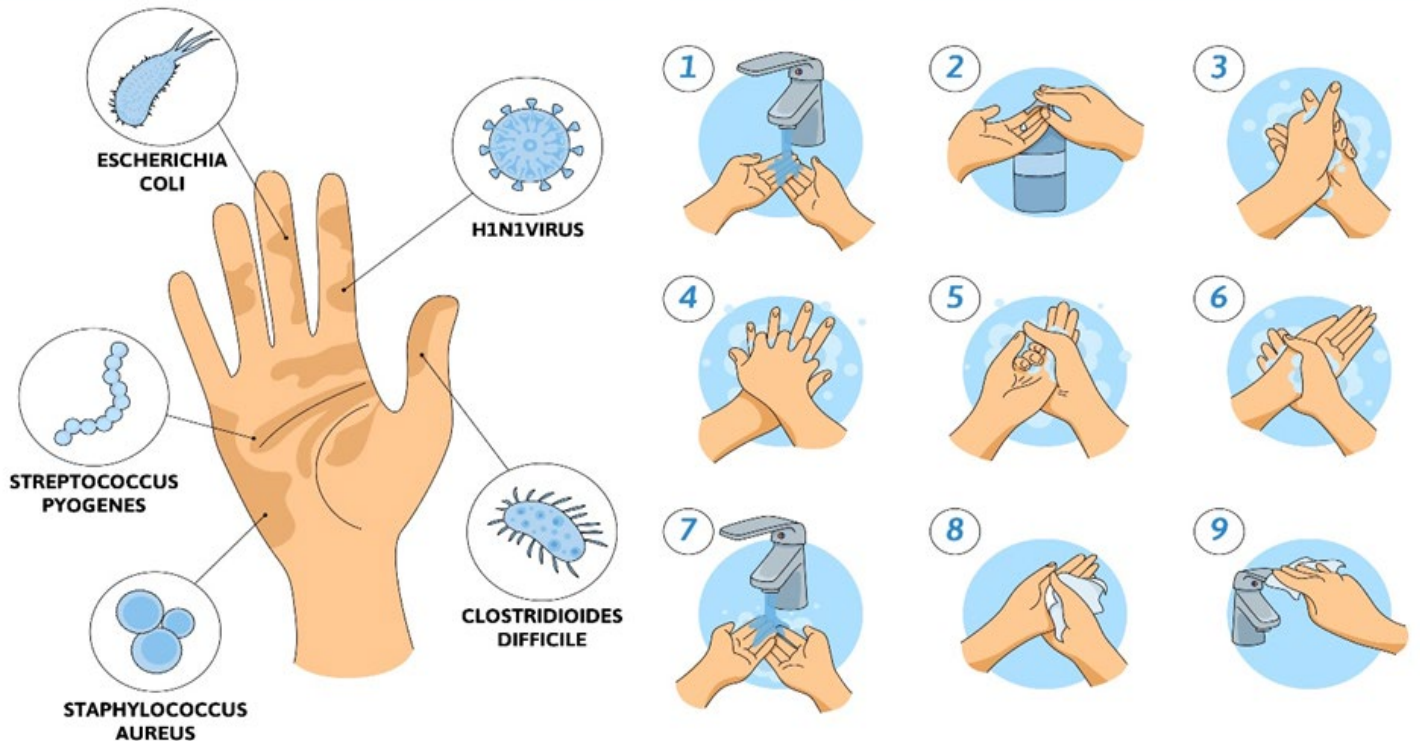
### 4. Chill

Put food in the fridge within 2 hours of cooking.

- 2-Hour rule is to put food in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90°F (32°C) or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
  - ~ In the fridge
  - ~ Under cold water
  - ~ Defrost in the microwave
- Marinate foods in the fridge.

# WASH YOUR HANDS

## CLEAN HANDS SAVE LIFE!



### Rules for Glove Use

#### 1. Wash your hands before doing any food preparation.

If you have a cut on your hand, ensure that you bandage the cut before putting on gloves and then continue with the rules below.

#### 2. Follow the rules for safe and appropriate use of gloves when handling food.

- Wash hands before putting on gloves or changing into a fresh pair.
- Change gloves when they become soiled or torn.
- Change gloves at least every four hours during continual use and more frequently when necessary.
- Change gloves after handling raw meats and before handling cooked or ready-to-eat foods.
- Change gloves when leaving your task. For example, if you must answer the phone while making sandwiches, follow these steps: remove the gloves, answer the phone, wash your hands, put on a fresh pair of gloves and then return to your task.
- Gloves need to be changed at any time that food handlers would otherwise wash their hands.



## **BARBEQUING THIS SUMMER?**

Here are a few tips to avoid getting sick:

- Marinate and store raw meat at 39°F (4°C) or lower.
- Wash hands before and after handling raw meat.
- Avoid cross-contamination of ready-to-eat foods with raw meat.
- Use a clean plate when taking food off the grill.
- Use a digital food thermometer to ensure you have cooked meat thoroughly.