



Food born Illness:

If food isn't handled, prepared or stored properly, it can become spoiled with germs. And you won't always be able to tell from the taste or smell. These germs can cause stomach-aches, diarrhea or vomiting, or fever. Some germs can cause more serious problems...

For more information on Food born Infections please visit sites below:

Food Safety Tips

<http://www.inspection.gc.ca/english/fssa/concen/tipcone.shtml>

Food safety at home

<http://www.caringforkids.cps.ca/healthybodies/FoodSafety.htm>

Lunch to Go! Food Safety Tips *preventing food borne illness*

<http://www.inspection.gc.ca/english/fssa/concen/tipcon/bagboxe.shtml>

Keeping work areas clean and much more...

Hand washing is one of the best ways to prevent the spread of food borne illness. Do you wash your hands for at least 20 seconds with soap and warm water before and after handling food?

Are your countertops and utensils clean and sanitized? Sanitizing kills bacteria and can prevent food borne illness. Don't forget to clean your lunchbox!

BLEACH SANITIZER

- ✓ Combine 5 mL (1 tsp) of bleach with 750 mL (3 cups) of water in a labeled spray bottle.
- ✓ After cleaning, spray sanitizer on the surface/utensil and let stand briefly.
- ✓ Rinse with lots of clean water, and air dry (or use clean towels).

You can also use this sanitizer to clean common areas/items. Use it anywhere you would want to eliminate the spread of bacteria or virus.

* Please follow all work and safety policies when working with bleach. Also, follow first aid instruction outlined on bottle for any accidents.