

FOOD SERVICE

RELEVANT REGULATIONS AND RESOURCES

Food Premises Regulation under the Health Protection and Promotion Act, Regulation 562 of the Revised Regulations of Ontario, 1990 applies to day camps serving food.

Recreational Camps under the Health Protection and Promotion Act, Regulation 568 of the Revised Regulations of Ontario, 1990, applies to resident camps.

Guelph Food Technology Centre: Hazard Analysis Critical Control Points (HACCP) has become synonymous with food safety. Recognized worldwide, it has become a food safety yardstick acceptable to both industry and the government. HACCP provides a systematic and pro-active evaluation of foods by determining the risks from biological, chemical and physical hazards.

Policies for Food Service Staff should be based on the principles recently adopted by Public Health authorities. The Hazard Analysis Critical Control Points (HACCP) Food Service Safety Manual, by Joan K. Loken, 1995 is one resource.

Many Public Health Offices are now offering Safe Food Handling Courses. Check with your local Public Health Department.

Workplace Hazard Management Information System (WHMIS) is a comprehensive plan for providing information on the safe use of hazardous materials in Canadian workplaces. Information is provided by means of product labels, material safety data sheets (MSDS) and worker education. Material Safety Data Sheets provide basic information on a material or chemical product. They contain information on the properties and potential hazards of the material, how to use it safely, and what to do if there is an emergency such as ingestion or contamination. See Campsite CF35.

Composting in bear country <www.rdkb.com/siteengine/activepage.asp?PageID=21&bhcp=1>

Cookbooks for quantity cooking

GENERAL NOTES

Today, more than ever, food safety and sanitation are important issues for camps. The health and safety of campers and staff, as well as the reputation of the camp, are dependent upon the food service staff ensuring that the food provided at camp is stored, prepared, cooked and served in a safe manner and that leftovers are stored safely.

Food borne illness, often called "food poisoning", occurs when a person gets sick as a result of eating food that has been contaminated with bacteria, parasites or viruses. Food needs to be handled correctly to ensure that it does not become contaminated and that the bacteria already in the food do not have an opportunity to multiply. Making sure that the food purchased and prepared at camp remains safe reduces the risk of food borne illness at camp.

QUESTIONS

MENUS

FD1 Do the menus follow Canada's Food Guide?

FOOD SERVICE PERSONNEL

FD2 Is at least one person in the food service area knowledgeable about safe food handling?

FD3 Are food service personnel free from infectious diseases that may be spread through the medium of food?

Food service personnel must avoid contact with food if they are ill or have open sores or cuts. Good personal hygiene practised by the food service staff is one of the most important factors in preventing food borne illnesses.

FD4 Do the food service personnel wear clean outer garments and a clean apron for each meal and as necessary?

Food service personnel should not wear jewelry in food preparation areas.

FD5 Do food service personnel confine their hair effectively?

FD6 Do food service personnel wash hands with soap and hot water and follow the 6-step procedure before starting work, after every use of toilet or urinal and as often as necessary while cooking?

6-Step Procedure: (1) wet hands with running water, (2) apply soap, (3) scrub each hand for at least 20 seconds, (4) rinse hands with running water, (5) dry hands with paper towel or hand dryer, (6) turn off taps using a paper towel.

FD7 Is smoking prohibited in the food service area?

FD8 Are the food service personnel included in the precamp orientation?

FD9 Are signs posted to remind staff of proper procedures for food handling, preparation and service?

KITCHEN

FD10 Are the kitchen work surfaces maintained in a clean and sanitary condition?

FD11 Is there adequate natural and artificial light over all work and dishwashing areas?

FD12 Is the kitchen well ventilated?

FD13 Is excess heat in the kitchen controlled for the health and comfort of the staff?

FD 14 Are effective measures in place to keep insects and rodents out of the kitchen?

SAFE FOOD HANDLING

FD15 Is all food purchased from an approved, inspected source?

Avoid purchasing dented, bloated, rusted or unlabelled cans. Pre-packed goods should be purchased in airtight containers. Consume foods by the "Best Before" date.

- FD16 Is cold and frozen food delivered in a container with proper temperature control?**
- FD17 Are all milk and milk products pasteurized?**
- FD18 Are only Canada Grade A or B eggs purchased?**
Do not use cracked or grade C eggs.
- FD19 Is the refrigeration of milk and other perishable or hazardous foods maintained at 5°C (41°F) or lower?**
- FD20 Is all frozen food stored at a temperature of minus 18°C (0°F) or lower?**
- FD21 Are accurate and easily-read thermometers available in each refrigerator and freezer?**
- FD22 Are these temperatures recorded according to instructions from your local Health Authority?**
- FD23 Are food products not requiring refrigeration stored in closed containers and in areas designated for food storage only?**
- FD24 Are the areas designated for food storage, preparation, and service maintained clean and free from insects, rodents, vermin, dust and fumes?**
- FD25 Are all preparation equipment and utensils maintained clean and free from insects, rodents, vermin, dust and fumes?**
- FD26 Is the time that food is left un-refrigerated kept to a minimum, to ensure food temperatures do not rise above the safe limit?**
- FD27 Are temperatures monitored during cooking to ensure temperatures remain within designated safety parameters?**
Food service staff should use an accurate thermometer to determine temperature.
- FD28 Is hot food maintained at 60°C (140°F) or higher until served?**
- FD29 Are cutting boards, blocks, tables and equipment kept in good repair and sanitized between each use?**
Food service staff should protect all food and food products properly during storage, preparation, display and service. It is essential to avoid cross contamination between raw products and cooked products. A separate cutting board should be used for raw meats. Raw foods should be stored separate from and below cooked or ready-to-eat foods.
- FD30 Are sufficient tongs, scoops and spoons available to food service personnel to prevent direct hand contact with food whenever possible?**
- FD31 Are frozen foods thawed under refrigeration or in cold running water or immediately put in the oven for cooking?**
- FD32 Are toxic or poisonous substances stored in a separate area from food?**

FD33 Are toxic or poisonous substances kept in sturdy, clearly labeled containers?

Substances necessary for maintenance of sanitary conditions must be used carefully so that food is not contaminated.

GARBAGE MANAGEMENT

FD34 Is garbage deposited in leak-proof, durable containers equipped with tight-fitting lids?

FD35 Is the storage area for garbage maintained clean and dry?

FD36 Is garbage removed after each meal from any room in which food is prepared, served or stored?

FD37 Are garbage receptacles cleaned when required and air-dried?

FD38 Are glass, plastic, paper, cardboard and metal recycled if facilities exist?
See also Campsite, Facilities and Equipment CF31.

FD39 Does the camp compost?

Camps must use their own judgment regarding composting. If camps cannot maintain their compost in a manner that does not attract bears, they shouldn't compost. Place your compost bin in an area that is more difficult for bears to find. Keep it away from known bear pathways.

The key to composting in bear country is understanding that bears find food with their noses. If your compost pile does not smell, it will probably not attract bears. Keep your compost odour-free. Do not add cooked or left-over food scraps to your pile. Maintain a ratio of at least 3 brown (leaves etc.) to 1 green (vegetable scraps). Make sure your pile does not go anaerobic. Your bin must have adequate ventilation and should be turned regularly.

When adding kitchen scraps, mix in an equal amount of carbon such as leaves or sawdust. Try trenching smelly foods deep in your garden.

It is almost impossible to build a bear-proof compost bin, but there are some useful compost bins available for purchase.

Maintain a worm bin. Call the Public Education Coordinator for help in setting up a working worm bin.

HOUSEKEEPING AND CLEANING

FD40 Are all dishes and equipment washed in accordance with Ministry of Health standards?

FD41 Is all food-processing equipment, including pots and pans, cleaned and sanitized after each use?

FD42 Are all used kitchen cloths, towels and aprons washed daily?

FD43 Are walls, ceilings, exhaust systems, filters and floors in the food service and dining areas kept clean?

FD44 Are stoves and grills kept clean and grease pans emptied regularly?

FD45 Are mops rinsed and hung in a well-ventilated place after each use?