

COURSE CONTENTS

Section 1: THE BASICS OF FOOD SAFETY

- 10 Things You Need to Know about Food Safety
- A Closer Look at Micro-organisms
- The Flow of Food

Section 2: The 3 STEPS TO FOOD SAFETY

Step 1: Prevent Micro-organisms from Getting into Food

- Personal Hygiene
- Cleaning and Sanitizing
- Receiving and Storing Food
- Getting Food Ready to Cook
- Handling Dishes and Serving Food

Step 2: Delay the Growth of Micro-organisms in Food

- Keep Food at the Right Temperature
- Reduce the Amount of Time that Food is in the Temperature Danger Zone

Step 3: Kill Dangerous Micro-organisms in Food by Proper Cooking

- Cooking, Cooling and Holding Food

Section 3: SPECIAL CONCERNS

- Food Allergies
- Public Health Legislation in Ontario
- The Role of Public Health Inspectors and the Northwestern Health Unit

FOR INFORMATION ABOUT COURSES IN YOUR AREA...

call 1-800-830-5978 ext. 259, or contact a Public Health Inspector at one of these Northwestern Health Unit offices:

- KENORA – Phone: (807) 468-3147
- DRYDEN – Phone: (807) 223-3301
- FORT FRANCES – Phone: (807) 274-9827



BASICS·fst

food safety training in Canada



Northwestern
Health Unit

www.nwhu.on.ca

Employee-Level Training and Certification

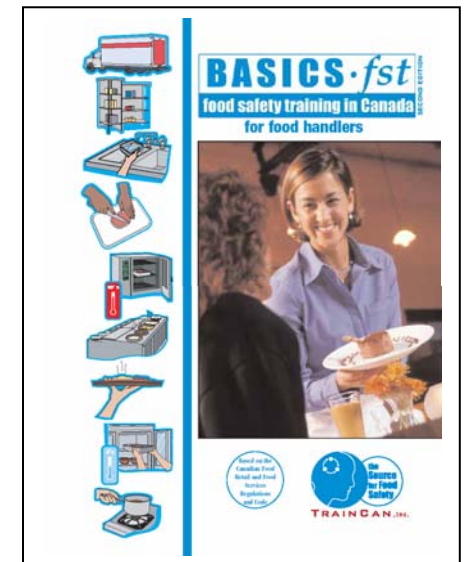
WHO SHOULD TAKE THE PROGRAM?

The Program is for food handlers, or those who want to acquire employment, at food premises where food is served to the public. This includes:

- Institutional kitchens like hospitals and long-term care facilities
- Restaurants
- Catering services
- Community / volunteer programs
- Daycares and nurseries
- Cafeterias
- Concessions
- Special occasions such as fundraising events
- Ontario Works recipients or students looking for work

COURSE FEE

The cost is \$75 per participant or \$50 for high school students enrolled in a school-based program. The course fee covers approximately 6 hours of instruction and all materials.



BASICS.fst is based on the Canadian Food Retail and Food Services Regulation and Code. The Program was developed by TrainCan, Inc., www.traincan.com.

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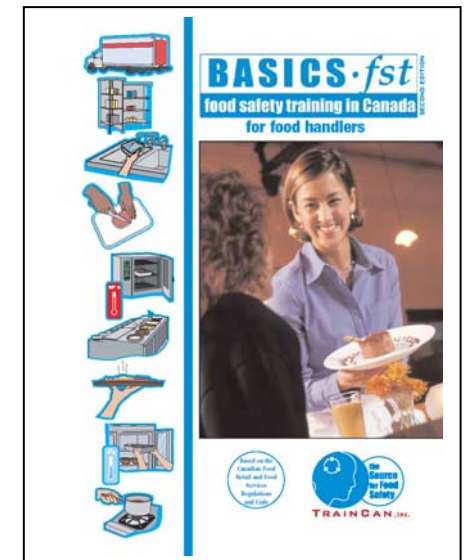
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