

Alberta Food Regulation and Food Code Outline

As it applies to the Dine Alberta
program



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- 1999- Diploma Renewable Resource Management- Lethbridge Community College
- 2002- Degree Environmental Science- University of Manitoba
- 2006- After Degree Environmental Health- Concordia University College of Alberta
- 2007- Gained certification with Canadian Institute of Public Health Inspectors

Outline

- **Section One: Regulations and permits**
 - When the Food Regulation applies
 - Permits
 - Farmers markets
- **Section Two: Best practices**
 - Basic safe food handling
 - Pest control
 - Cleaning and sanitizing
 - Handwashing



Applications

Section 2(2) states that the Food Regulation **does not** apply to food handling for the purpose of operating:

- A dairy manufacturing plant licensed under the Dairy Industry Act.
- A facility subject to licensing or inspection under the applicable meat inspection legislation, including an abattoir.
- A farm selling **unprocessed** horticultural products, when the products come from a farmer's farm and the sale is conducted by the farmer from the farm.
- A place registered with the Canadian Food Inspection Agency

When you need a permit:

- Processing food:
 - Processing : means transforming food and includes, without limitation, the thawing, heating, **cutting**, cooking, smoking, chilling, reheating, salting, canning, freezing and pasteurizing of food
 - Peeling vegetables, storing/transporting meat that has been cut
- If part of a Farmer's Market, the market operator needs a permit
- Selling products outside of the farm
 - Special events or temporary stands (approval needed)



Section 2(3) and (4)

- o No food handling is exempt from the operation of this regulation if, in the opinion of the regional health authority, the exemption would or is likely to cause a nuisance.
- o If this is found to be the case then the regional health authority establish in what respect and what extent their provisions of the regulation apply to the food handling.

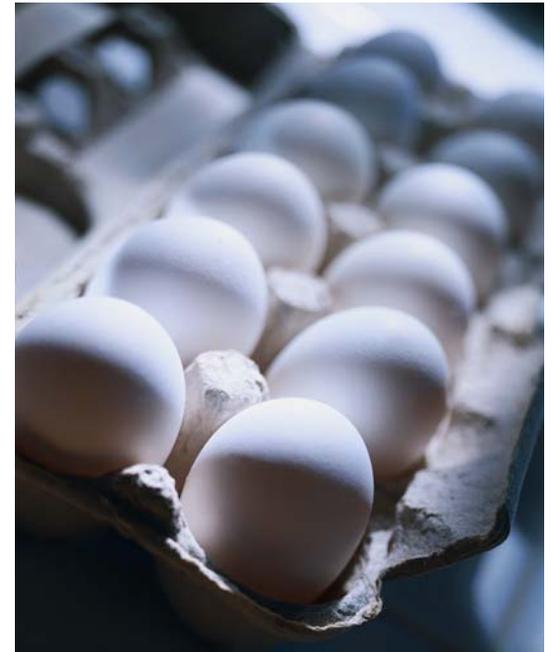
Part 3- Farmers Markets

Farmers market operator must have a valid food permit

Stallholder requirements:

A stallholder **must not** sell, offer for sale, distribute, provide or otherwise make available to the public:

- Uninspected meat
- Home-canned food other than jam, jelly and pickles
- Home prepared food unless it is protected in a manner adequate to prevent customer handling and contamination
- Unpasteurized milk
- Foods containing one or more of the foods prohibited in clauses a) to e) as ingredients
- Must store eggs at temperature of <7 degree C



Continued

A stallholder must also ensure that food handlers:

- Wear clean clothing and foot wear
- Exhibit cleanliness and good personal hygiene
- Ensure that food is not contaminated by hair
- Wash hands as often as necessary to prevent the contamination of food or food areas
- Refrain from smoking in a food area
- Refrain from any other conduct that could result in the contamination of food or a food area, and
- Do not handle food if prohibited from working by or under the Communicable disease regulation



PERSONAL HYGIENE:

Proper Handwashing Procedure



- 1 Wet hands with running water as hot as you can comfortably stand (at least 100°F/38°C).



- 2 Apply soap.



- 3 Vigorously scrub hands and arms for at least twenty seconds.



- 4 Clean under fingernails and between fingers.



- 5 Rinse thoroughly under running water.



- 6 Dry hands and arms with a single-use paper towel or warm-air hand dryer.

“Hands spread an estimated 80% of common infectious diseases like the common cold and flu”

- Canadian Health Network, Jan 2007

Handwashing station





Requirements to obtain certain food from approved source

Part 2 Section 22(1)

- A commercial food establishment must obtain all food that is liable under law to inspection by the Gov. of Canada or Alberta or by an agency of either from a source that is subject to inspection by that entity IE) meat, dairy and poultry.

Best practices for food safety



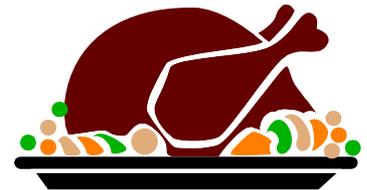
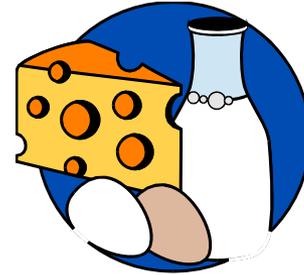
How do microorganisms get into food?

- People
- Water
- Raw Food
- Environment (e.g. soil)
- Pests



Potentially Hazardous Food

- Meat and meat products
- Eggs and egg products
- Poultry and poultry products
- Fish and Shellfish
- Cream filled pastries
- Gravies, stews, soups
- Others you may not know...??
- **Things like raw fruits/vegetables that have been processed can allow bacteria to grow and multiply**

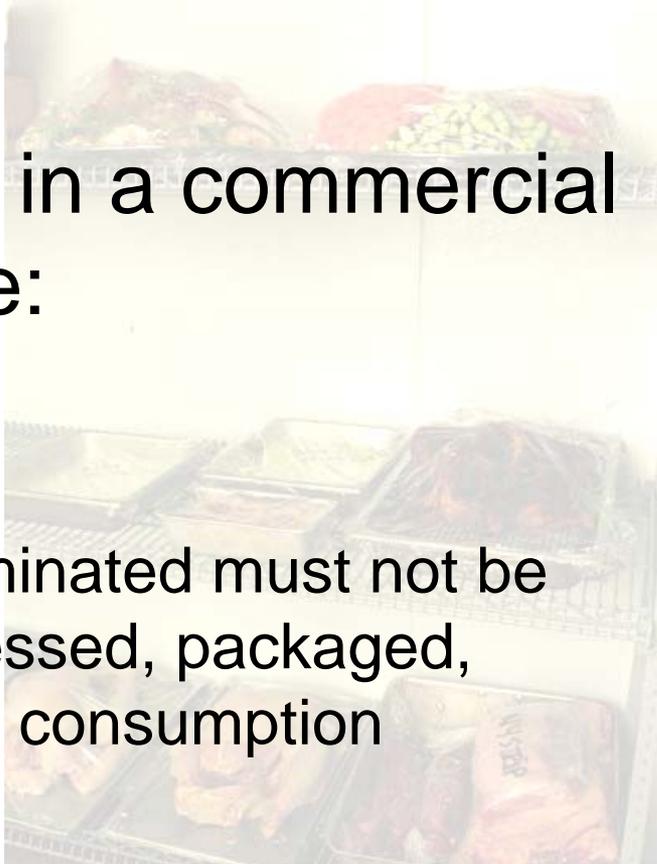


Contamination and unfitness for human consumption

Section 23

All food used or to be used in a commercial food establishment must be:

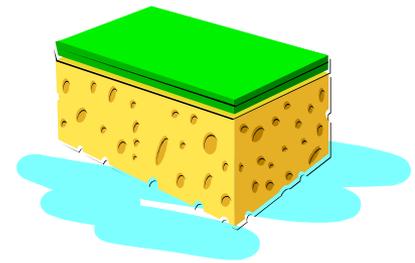
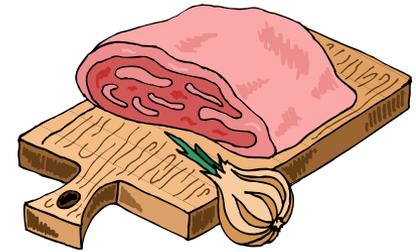
- Protected from contamination
- Handled in a sanitary manner
- Food that has become contaminated must not be served, offered for sale, processed, packaged, displayed or stored for human consumption



Protect food from cross contamination

Cross-Contamination

- **Cross-Contamination**
- The transfer of harmful substances or micro-organisms to food by:
 - Hands
 - Food-contact surfaces (cutting boards, counters)
 - Cleaning cloths and sponges
 - Raw or contaminated foods



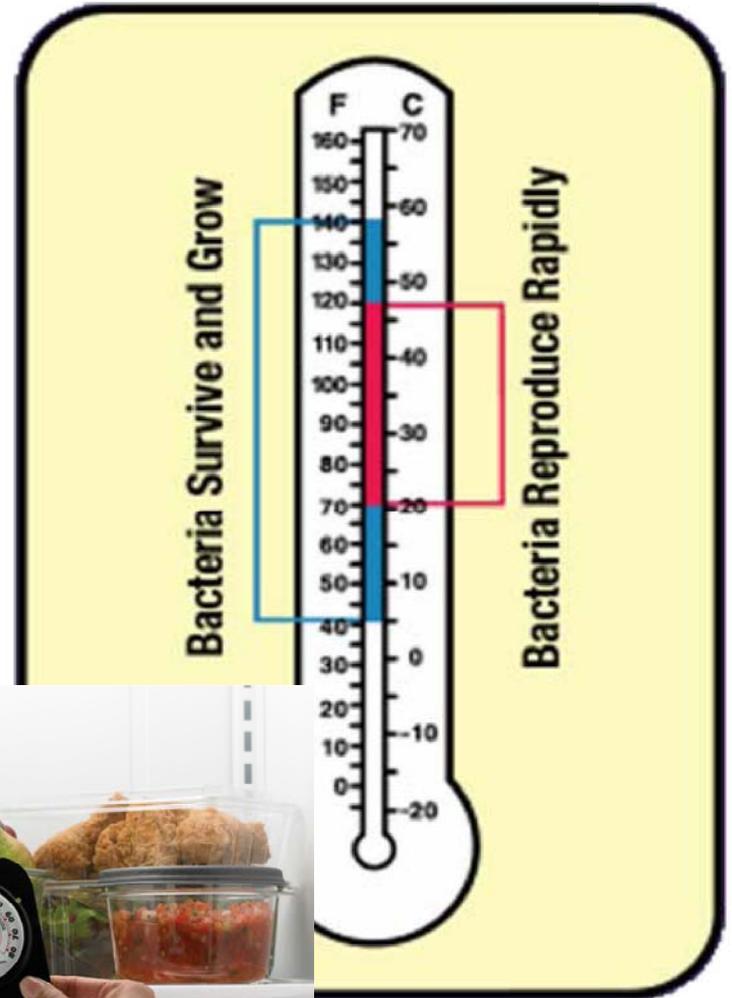
Preventing Cross-Contamination

- Wash hands and equipment regularly
- Use separate, labeled (or colour coded) cutting boards for raw and ready-to-eat foods
- Sanitize food prep area after handling raw food
- Do not use dirty dish cloths to dry hands or clean surfaces

Storage, display and transportation

Section 25

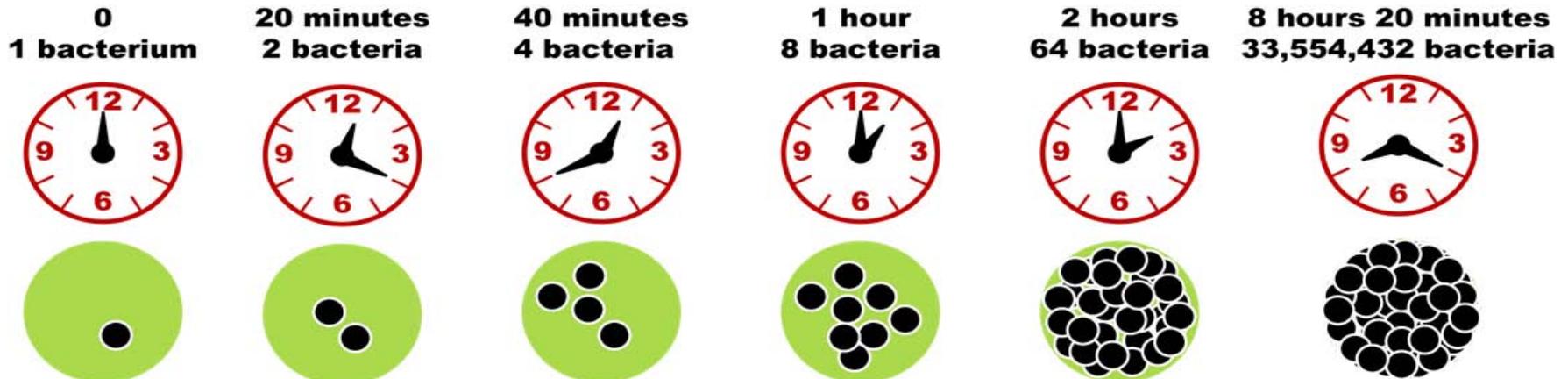
- All high risk foods must be stored, displayed and transported at a temperature of $<4^{\circ}\text{C}$ or $> 60^{\circ}\text{C}$
- All frozen food should be kept frozen
- Eggs can be kept at $<7^{\circ}\text{C}$



Why temperature control is important

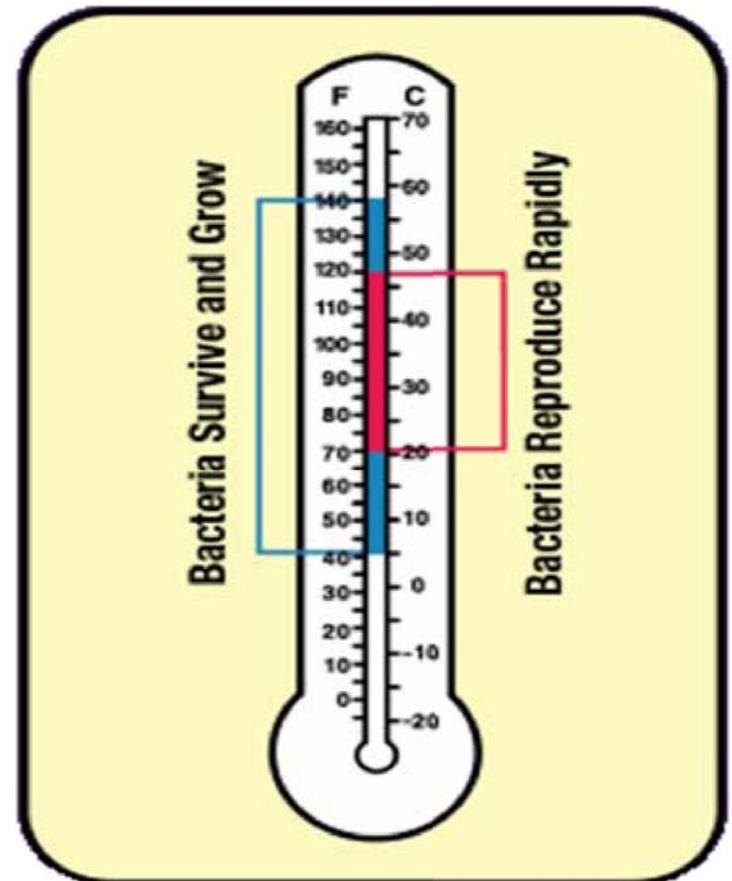
Bacteria multiply by dividing in two. When conditions are right, bacteria will divide in two every 20 minutes.

Starting with just one bacterium and letting it multiply at this rate for eight hours, it would produce more new bacteria than there are people in Canada.



Safe Time – Temperature Control Practices

- Keep food out of the “temperature danger zone” when:
 - **Storing/transporting**
 - cooling
 - thawing
 - cooking
 - reheating
 - hot holding



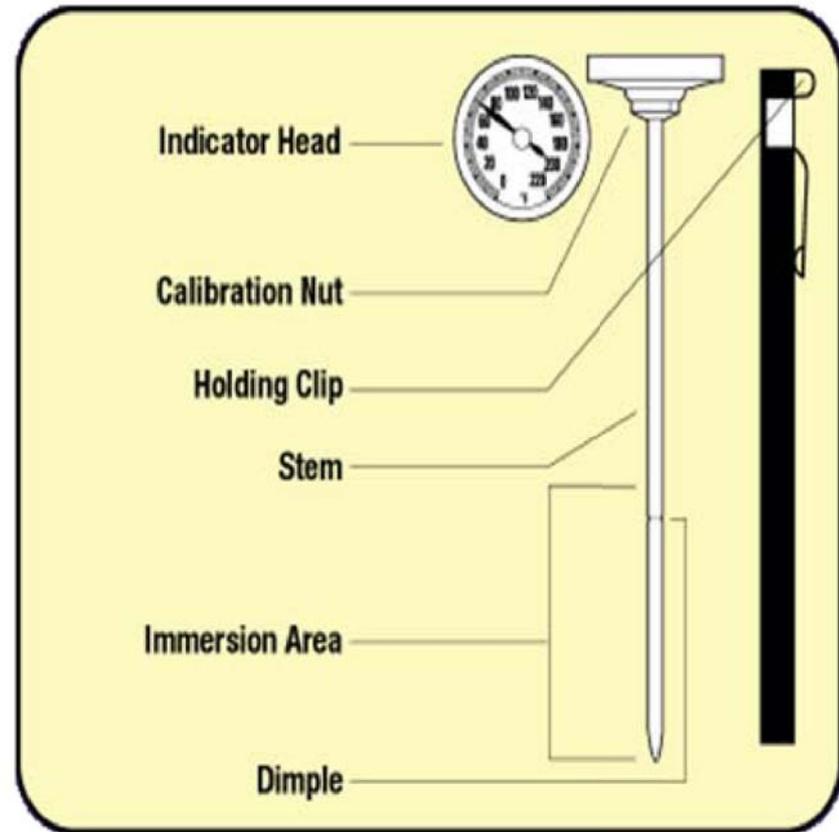
Unfortunately...

- **Can't smell, taste or see contaminated food, and...**
- **... as few as 10 bacteria could make you sick!**



Use of Thermometers

- Calibrate as needed
- Sanitize thermometer between uses
- Maintain temperature log of cold and hot holding units



Accurate temperature control is only achieved with a calibrated thermometer



Cleaning

- **Removal of visible soil (dirt)**
- **Soap/detergent and water**
- **Must be done before sanitizing if surface appears dirty**



Cleaning in Place

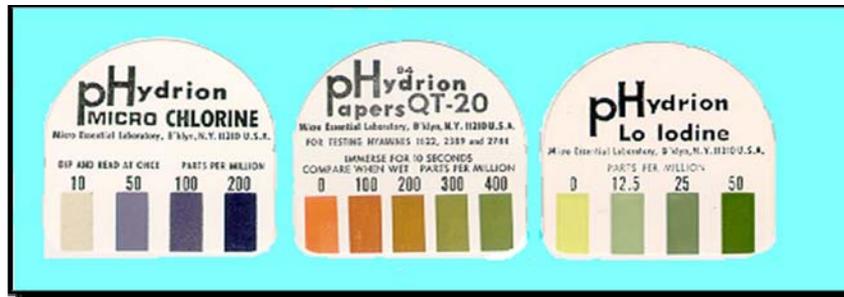
- Turn off and unplug any electrical cords
- Remove any removable parts
- Wash/scrub with detergent solution
- Rinse with clean water
- Sanitize with chemical solution



Sanitization

Reducing the number of pathogens to a safe level

- Approved sanitizers:
 - Chlorine (active ingredient in bleach)
(100ppm – ½ teaspoon/liter of water)
 - Iodine (12.5-25ppm)
 - Quats (200ppm)
- Test concentration of sanitizer using test strip



Why sanitizing is important

- Campylobacter can survive an hour on hands and most surfaces
 - Survives well in food and colder water
- Studies have proven that RSV, HPIV, influenza virus, coronavirus, and rhinovirus can remain viable on fomites for several hours to several days
- Norovirus survives several days on non porous surfaces
- E coli can survive more than 28 days at refrigerator and room temperature on stainless steel

Storage of chemicals

- Section 20 (2)
 - All chemicals, cleansers and other similar agents associated with or required for the operation or maintenance of the food areas must be stored
 - (a) in containers that are not intended to be used to store food and that are clearly labelled to identify their contents, and
 - (b) in such a manner as to prevent the contamination of any food or food area.



Pest Control

- Eradication of uncontrolled pests should be carried out by a **certified pest control operator** utilizing approved chemicals and methods.
- Rodenticides and insecticides...should be used in such a manner as to **prevent the contamination of food**
- All material used should be identified on a list of **approved** rodenticides and insecticides which confirms that these may be used in a commercial food establishment



Alberta Food Code
Section 4.3

Things to remember

- Any processing of food requires a food permit
- Selling food outside of your farm requires a food permit (farmers markets and special events are exempt but other rules apply)
- If you are not sure if you require a permit, call your local health department
- Keep cold food cold (4°C or below) and hot food hot (60°C or higher)
- Practice good personal hygiene
- Clean and sanitize surfaces and equipment

Thank you

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