

FOOD SAFETY - Food On The Go

Health Protection Department

- **Picnicking**
- **Camping**
- **School**
- **Boating**
- **Work**

Before packing any food that you plan to take camping, picnicking, hiking, to school or work, take a few minutes to consider the illness causing bacteria that may be multiplying in your food.

Improperly prepared and handled food can cause food poisoning. The good news is that by planning ahead and following the suggestions outlined in this pamphlet, food poisoning can be prevented.

Keep hot foods hot and cold foods cold. Food poisoning organisms grow best at temperatures above 40°C and below 60°C. To prevent food poisoning you should chill items before packing them and when possible freeze products like sandwiches the night before the event.

When there's refrigeration available at your workplace or a special event be sure to use it! When no refrigeration is available keep food cold by using ice or cold packs and thermal containers. If you partially freeze juices it will keep your cooler even colder longer. Wrapping foods in paper will also help to keep the product cold.

Keep bacteria rich foods like raw meat separate in an airtight container and stored below any cooked or ready to eat products. If you are going to be barbecuing do not use the same plate or container for cooked meat after it has been used to store a raw meat product.

Keep all food covered with plastic wrap or foil in order to protect food from dust, dirt and people.

Always wash your hands before handling food. If running water is not available, bring along water mixed with a little chlorine bleach or commercial moist towelettes.

Keep food handling at a minimum. For instance wash all fruit and vegetables at home or refrigerate salad prior to transporting it. When possible avoid hand contact entirely by using clean or disposable utensils.

If you have cuts or open sores it would be advisable to use disposable plastic gloves when handling food. In order to prevent spreading contamination from one product to another it is important to use a clean pair of gloves when beginning to work with a different food product.

Throw out any leftovers that may have become warm or contaminated.

Dangerous foods are normally moist or else low in acid or preservatives, whereas safe foods are normally dry, or acidic, or contain preservatives such as sugar or salt. Safe foods can normally be kept at room temperature unless the label tells you otherwise. It is important to remember that even safe foods can become spoiled with time or contamination. In order to be safe dispose of any bulging cans or dangerous-safe food mixes (i.e. spaghetti sauce with meat) as often as is necessary.

LOW RISK FOODS

- Buns, Bread and crackers
- Butter & Margarine
- Cake and cookies
- Candy
- Canned or fresh fruit & vegetables
- Canned fish/meat (until opened)
- Cereal and fruit bars
- Hard Cheeses
- Condiments (ketchup, mustard)
- Cooking Oil
- Dried fruits
- Dried soup/noodle mixtures
- Honey, Jam & Syrup
- Juice (canned or frozen)
- Milk (shelf stable or powdered)
- Nuts
- Oatmeal
- Pancake mix
- Pasta & Rice (uncooked)
- Peanut butter*
- Rice cakes & Pretzels
- Salami, pepperoni and dried sausage

* Note: Some individuals are very sensitive to peanut and nut products and if exposed to it can experience serious allergic reactions.

For more information contact a Public Health Inspector

Ask for other available materials on Food Safety

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