



## Food Safety Education

### Who should take food safety training?

The New Brunswick Department of Health requires certain staff in licensed food premises to have up-to-date food safety training and certification. It is highly encouraged, however, that **all food handlers** working in the food service industry obtain food safety education and training. While many courses are available, some are not recognized by the Department of Health.

This education is also very useful for people not working in the food service industry, such as those who prepare meals at home and care for others.

### Why is food safety education important?

There are many diseases that can be spread through food; these are known as foodborne illnesses. These can be caused by biological (i.e., bacteria, viruses, protozoa and fungi), physical and chemical hazards. These agents can contaminate food in many ways. As a food handler, having this knowledge greatly reduces the risk of food contamination and, therefore, the spread of foodborne illness.

By taking a food safety training course, you, at a minimum, will learn the basics of safe food handling and hygiene practices. Areas of focus in a recognized food safety training course include:

- legal requirements;
- foodborne illness and injury;
- food contamination (sources and prevention);
- basic microbiology and factors affecting microbial growth;
- food safety management system (Food Retail and Food Services Code);
- time/temperature controls for potentially hazardous foods;
- displaying, serving/dispensing and discarding;
- receiving and storage;
- cleaning and sanitation; and
- personal hygiene.

### More Information

For more information about the *Public Health Act* and *Food Premises Regulation 2009-138*, please visit <http://laws.gnb.ca/en/BROWSECHAPTER?listregulations=P-22.4&letter=P#P-22.4>.

For more information about general training requirements, please contact the nearest regional Health Protection Branch office: [http://www2.gnb.ca/content/gnb/en/departments/ocmoh/healthy\\_environments/content/regional\\_branch\\_offices.html](http://www2.gnb.ca/content/gnb/en/departments/ocmoh/healthy_environments/content/regional_branch_offices.html).