

Safe Food Handling

At Traverse Independence we do quite a lot of handling, preparation and storage of food products, both with and for clients. We strive to ensure that food prepared and handled by employees, students and volunteers meets Health Canada Standards.



In order to do this we are constantly monitoring the Health Canada Standards and the Canadian Food Inspection Agency for legislation

changes and best practices. You will notice we have recently updated HS 307 – Safe Food Handling Policy. It is now more streamlined, clear and concise. It includes information on food allergies, food poisoning, and training, to name a few. We hope that you have taken the time to review this revised policy in detail!

4 Quick tips

- Clean: Wash your hands and surfaces often with warm, soapy water.
- Cook: Always cook food to the safe internal temperature. You can check this by using a digital food thermometer.
- Chill: Always refrigerate food and leftovers promptly at 4°C or below.
- Separate: Make sure to always separate your raw foods, such as meat and eggs, from cooked foods and vegetables.

Who is at risk?

Food safety is important to everyone; however, vulnerable populations such as seniors, pregnant women

and people with weakened immune systems are at an increased risk for food poisoning.

Pregnant Women

During pregnancy, both you and your unborn baby are at an increased risk for food poisoning because of all the changes taking place in your body. Learn more about safe food handling practices to help protect you and your baby.

Adults 60+

As we age it becomes harder for our immune systems to fight off harmful bacteria. While most people affected by food poisoning can recover completely, serious longer-term health effects, including conditions such as kidney failure and anaemia, are more common in older adults. Learn more about how safe food handling can help protect you from food poisoning.

People with Weakened Immune Systems

Some conditions, as well as treatments for certain illnesses, can affect your immune system. This can make it difficult to fight off harmful food borne bacteria. This situation can lead to serious complications. Learn more about how safe food handling can help protect you from food poisoning.

Children Ages 5 and Under

Children ages 5 and under are at an increased risk of food poisoning. This is because their immune systems are still developing and they are unable to fight off infection as well as adults can. Young children also produce less of the stomach acid that kills harmful bacteria, which makes it easier for them to get sick. Learn more about how safe food handling can help protect your children, and your family, from food borne illness.

