



Health  
Canada

Santé  
Canada

Canada

# Safe Recipe Style Guide: adding food safety to your practice

October 1, 2024

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## Moderator



**Megan Charlish**

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Health Policy  
Dietitians of Canada

## Presenter



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Director  
Bureau of Microbial Hazards  
Health Canada

# Presenters



**Cheryl Jitta, RD**

Scientific Project Coordinator  
Bureau of Microbial Hazards  
Health Canada



**Daniela Fierini, MPH, RD & Jeremy Capone**  
Wellness Chef and Community Connections Program  
Coordinator.  
ELLICSR Centre for Health, Wellness & Cancer Survivorship,  
Princess Margaret Cancer Centre/University Health Network  
(Toronto)



**Marci Cooper, PhD, RD**

Research Scientist  
Bureau of Nutritional Sciences  
Health Canada

**Clean**



**Separate**



**Cook**



**Chill**



# Agenda

BMH, foodborne illness, link to nutrition

Martin

Safe Recipe Style Guide

Cheryl

Development

Target audiences

Key food safety messages

Sub-messages

Recipe demonstration with food safety tips

Daniela &

Jeremy

Slido Quiz

Moderator

Next steps

Marci

Questions & Answers

Moderator



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## Bureau of Microbial Hazards: our roles

- Conducts research and establishes food safety policy and standards
- Provides reference services and maintains scientific networks
- Microbiological Research Division scientists are listed as experts/advisors in national/international committees, such as:
  - Mirror committee (Microbiology) of the Standard Council of Canada
  - Roster of experts of the FAO/WHO Joint Experts on Microbiological Risk Assessment (JEMRA)
- Conducts pre-market assessment of Novel Foods
- Conducts health risk assessments (HRAs) in support of food safety investigations
- Educates consumers about safe food handling and cooking practices and informs them about potential risks

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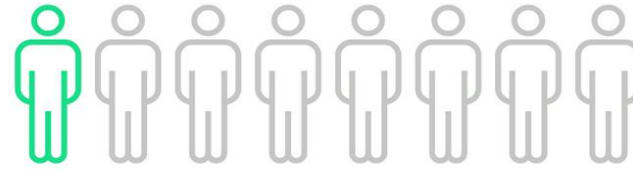
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## Foodborne illness in Canada



**1 in 8**  
(4 million people)

### Foodborne illness statistic

- It is estimated that 1 in 8 people (4 million people in Canada) are affected by foodborne illness every year

Many foodborne illnesses can be prevented by following safe food handling and cooking practices

- clean
- separate
- cook
- chill

Educating Canadians on the role they play in food safety is critical, especially for vulnerable populations

- children ages 5 and under
- people who are pregnant
- people with weakened immune systems
- adults ages 60 and over



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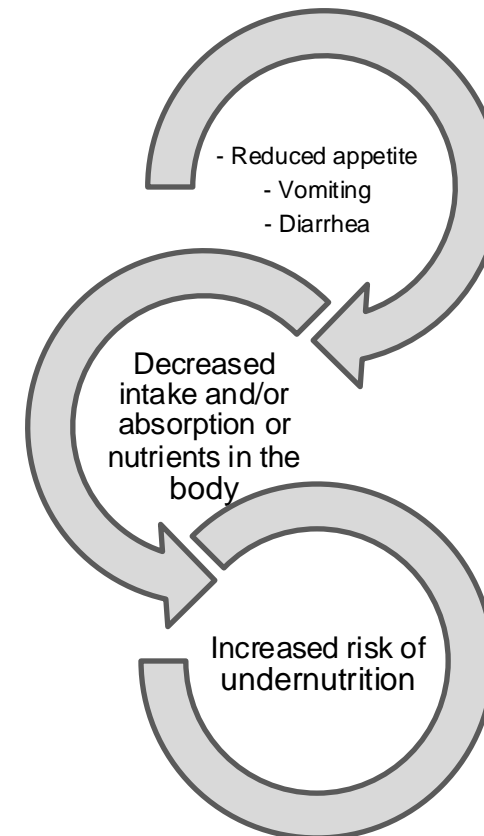


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## Link between food safety and nutrition

- According to the World Health Organization, food safety and nutrition are inseparable
  - access to sufficient amounts of safe and nutritious food is key to sustaining life and promoting good health
- Nutrition also has physiological linkages with foodborne disease
  - optimal nutrition can enhance resistance to disease
  - poor nutrition can increase susceptibility to or severity of certain diseases
- Foodborne illness often involves symptoms such as:



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# Increasing public awareness about food safety practices

Health Canada implements ongoing, proactive food risk communication activities that promote **safe food handling education** and **awareness**, such as:



Web content



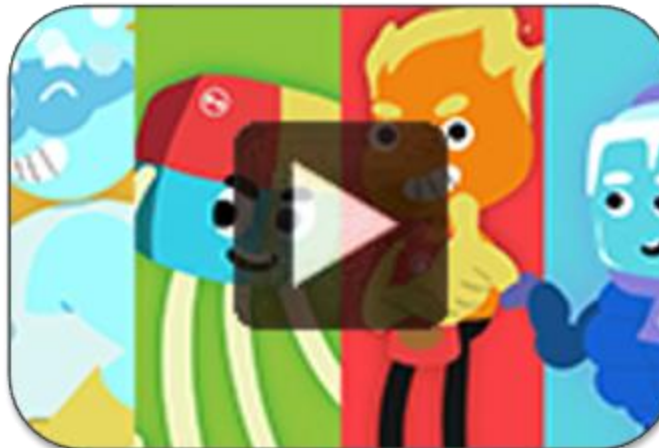
Podcast



Instagram reels



Marketing campaign



Videos



Online courses



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## Development of the Safe Recipe Style Guide

- Memorandum of Understanding with the US Partnership for Food Safety Education was signed in January 2023
  - Work to adapt the Safe Recipe Style Guide began
  - Studies show that when consumers follow recipes with food safety handling instructions, they increase food safety behaviours
- Safe Recipe Style Guide provides
  - Guidelines for easy edits to any recipe to improve food safety practices
  - Ready-to-use text to address the most common food safety mistakes in the kitchen
- For the Canadian adaptation input was provided from internal and external sources:
  - Bureau of Microbial Hazards science experts
  - Communications and Public Affairs Strategic Communications and Marketing teams
  - Early adopters, e.g. health non-government organizations

} This shaped  
revision prior to  
publication

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## Target audiences

### Direct

Anyone who writes a recipe that someone else will use

### Indirect

Anyone who reads a recipe!

#### Examples of recipe writers:

- Dietitians, home economists and their associations
- Health non-governmental organizations (NGOs)
- Chefs
- Food industry and food industry associations
- Food, health and wellness bloggers and influencers
- Organizations who work with at risk populations
- Charities, religious and civic groups (that produce cookbooks for fundraising)

#### Examples of recipe readers:

- You +
- Your spouse/partner/significant other +
- Your family +
- Your friends +
- Your colleagues +

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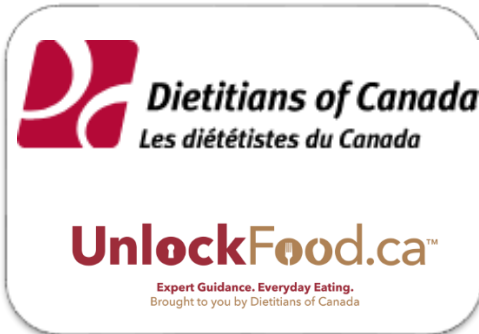
Cook



Chill



## Collaborators



Dietitians of Canada



ELLICSR Kitchen at  
Princess Margaret  
Hospital, University  
Health Network (Toronto)



Kidney Foundation  
of Canada



Heart and Stroke  
Foundation of Canada



Half Your Plate  
(Canadian Produce  
Marketing Agency)

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**Cook**



**Chill**



## Next steps - Engagement

- Health-related, non-government organizations such as Arthritis Canada, Diabetes Canada, etc.
- Food industry and food industry associations
- Other government departments and agencies (federal, provincial, territorial), e.g. health, agriculture
- Academia and students, e.g. dietetic, culinary, journalism

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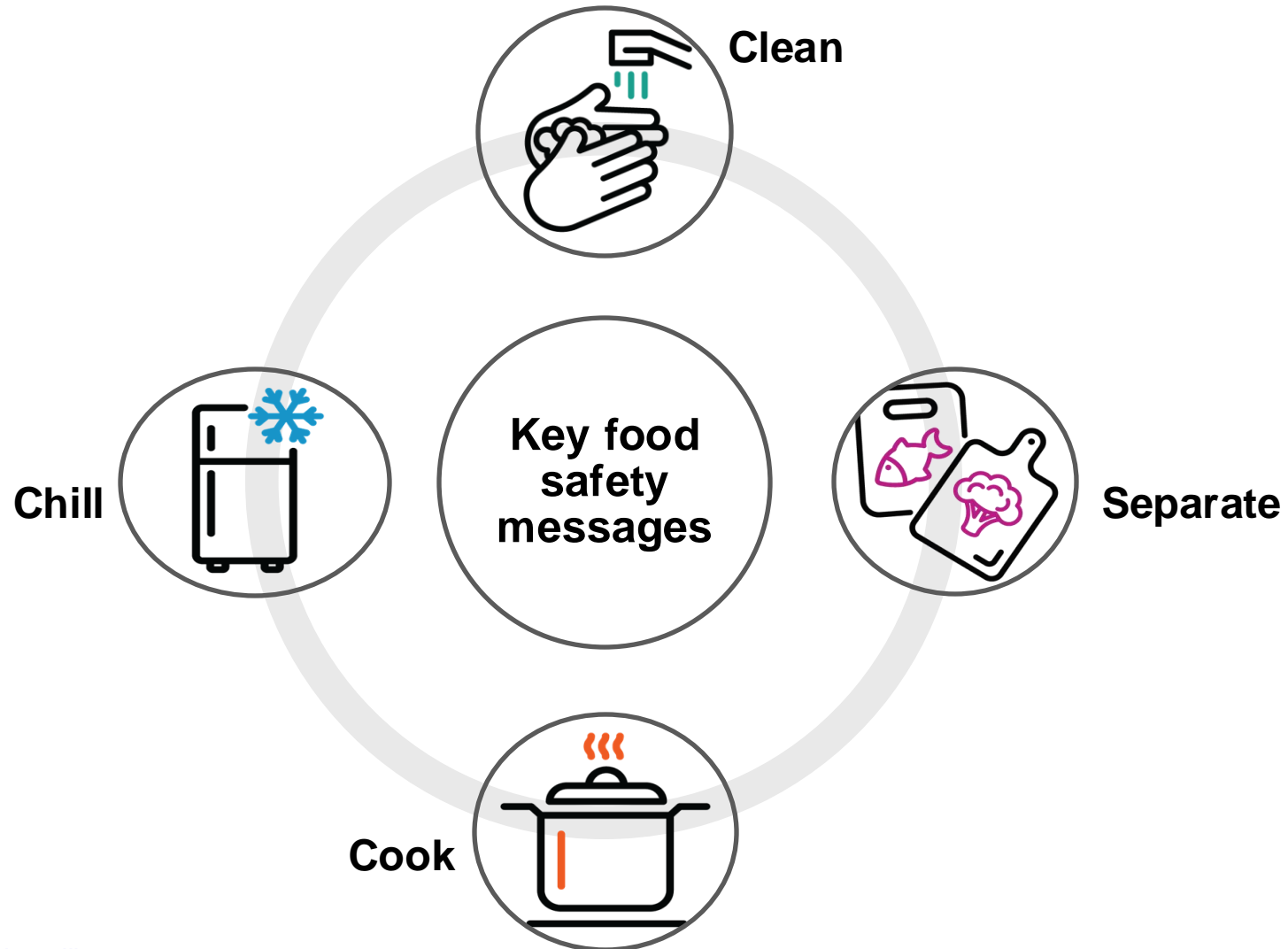
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## Key food safety messages







# Main and sub-messages

## 2 Main Messages

### Wash hands and surfaces often.

Wash hands with soap and warm water for at least 20 seconds.

Wash all surfaces, like [blank 1], [blank 2], and [blank 3] used for food preparation.

For example:  
Wash countertops, cutting boards and knives.

### Rinse vegetables and fruit, but don't use soap.

Gently rinse \_\_\_\_\_ under cool running water.

For example:  
Gently rinse pears under cool running water.

Scrub \_\_\_\_\_ with a clean vegetable brush under cool running water.

For example:  
Scrub sweet potatoes with a clean vegetable brush under cool running water.





## Main and sub-messages



### Separate: Don't cross contaminate from raw to cooked food

Don't rinse raw poultry or meat.

Wash [blank 1] after using it with raw [blank 2] before reusing it.

For example:

Wash cutting board after using it with raw chicken before reusing it.

Use separate equipment and utensils such as [blank 1] and [blank 2] for handling raw food and cooked food.

For example:

Use separate equipment and utensils such as serving platters and tongs for handling raw food and cooked food.

Don't reuse marinades that were used on raw foods.



# Main and sub-messages

**Cook: Cook food to proper temperatures and check to be sure**

Cook until internal temperature reaches \_\_\_\_ °C (\_\_\_\_ °F) on a digital food thermometer.

Keep hot food hot at or above 60°C (140°F) before serving.

Reheat leftovers to an internal temperature of 74°C (165°F).



## Cooking temperatures chart

Category	°C	°F
<b>Beef, veal and lamb</b>		
Ground meat, for example, burgers, meatballs, sausages	71	160
Pieces and whole cuts, for example, steaks and roasts		
medium-rare	63	145
medium	71	160
well done	77	170
Mechanically tenderized beef and veal	63	145
Be sure to turn mechanically tenderized steak over at least twice during cooking.		
<b>Pork including ham, loin and ribs</b>		
Ground pork, for example, burgers, meatballs, sausages	71	160
Pieces and whole cuts, for example, bone-in chops, boneless loin chops, rib roast, loin roast	71	160
<b>Poultry including chicken, duck and turkey</b>		
Frozen raw breaded chicken products, for example, nuggets, fingers, strips, burgers	74	165
Ground poultry, for example, burgers, meatballs, sausages	74	165
Pieces, for example, breasts, legs, thighs, wings	74	165
Stuffing, cooked alone or in poultry	74	165
Whole	82	180
<b>Eggs</b>		
Egg dishes, for example, frittata, omelette, quiche	74	165
<b>Seafood</b>		
Fish	70	158
Shellfish and crustaceans, for example, crab, lobster, shrimp, clams, mussels, oysters, scallops	74	165
When cooking clams, mussels, oysters and scallops in shells, throw away any that don't open.		
<b>Leftovers</b>		
Leftovers	74	165
<b>Hot Dogs</b>		
Hot Dogs	74	165
<b>Game meats</b>		
Ground meat, meat mixtures, ground venison and sausage	74	165
Deer, elk, moose, caribou or reindeer, antelope, pronghorn	74	165
Large game, for example, bear, bison, musk-ox, walrus	74	165
Small game, for example, beaver, muskrat, hare	74	165
<b>Game birds or waterfowl including duck, goose, partridge, pheasant and wild turkey</b>		
Pieces, for example, breasts, legs, thighs, wings	74	165
Stuffing, cooked alone or in game bird	74	165
Whole	82	180





# Main and sub-messages



**Chill: Keep cold food cold by refrigerating or freezing promptly**

Keep cold food cold at or below 4°C (40°F).

Put leftovers away in the fridge within 2 hours, or sooner if they are in warm location.

Follow safe food storage guidance in [Storing leftovers](#) to help save money and decrease food waste.



## Storing leftovers

Fridge at 4°C (40°F)	Food	Freezer at -18°C (0°F)
3 to 4 days	Cooked dishes containing eggs, meat and vegetables	2 to 3 months
3 to 4 days	Cooked fish and poultry	4 to 6 months
3 to 4 days	Meat broth, stock and gravy	4 to 6 months
2 to 3 days	Soups	4 months

Get more **Food Safety** tips  
See **Food safety tips for leftovers**

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**Clean**



**Separate**



**Cook**



**Chill**



## Introduction of Recipe Demonstration from ELLICSR Kitchen



**Daniela Fierini, RD and Jeremy Capone, Wellness Chef**

**Orange Chestnut Turkey Stuffing**



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**Cook**



**Chill**



Switch to the Recipe Demonstration  
from ELLICSR Kitchen

**Clean**



**Separate**



**Cook**



**Chill**



# Food Safety Quiz

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**How long should you wash  
your hands with warm water  
and soap? At least . . .**



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**What is the best way to tell if  
your food is properly  
cooked?**

**Clean**



**Separate**



**Cook**



**Chill**



## Next steps – Research

- A study by Godwin et al. (1) found that food safety instructions incorporated into recipes had the potential to change reported food safety behaviors in older adults.
- A previous study (2) of consumers (186 total) at Kansas State University and Tennessee State University found that adding food safety instructions to recipes improved food safety behaviors.

(1) Godwin, S., R. Stone, S. Cates, K. Kosa, and M. Ball. 2013. Educating older adults about food safety using an annotated “tasty and safe” cookbook. J. Food Prot. 76(Suppl. A):98.

(2) Maughan C, Godwin S, Chambers D, Chambers E IV. 2016. Recipe Modification Improves Food Safety Practices during Cooking of Poultry. Food Prot. 2016 Aug;79(8):1436-9.

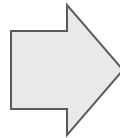




## Next steps – Research

Joint research study with the University of Western Ontario

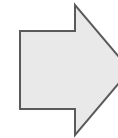
A research study will be conducted to determine whether the addition of food safety (FS) information included in a test recipe leads to use by participants.



Participants in the study will be randomly assigned to either a control or test group.

**Control group** -> given typical recipe with no FS instructions

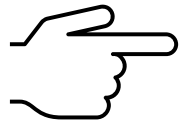
**Test group** -> given modified recipe with added FS instructions



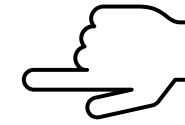
Observe groups to determine:

- which groups are making FS errors
- where errors are being made
- how to mitigate FS errors

# Food Safety Online Course (FSOC) for Health Professionals Pilot Study



## Canadian RD volunteers wanted



The purpose of the research is to test the content and format of the FSOC to determine if it is meeting its objectives.



The link to the study is:

<https://bit.ly/47Cac9k>

Hurry, study closes Oct. 31, 2024.

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## Question & Answer Session



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**How could you use the  
Safe Recipe Style Guide in  
your work?**

**Clean**



**Separate**



**Cook**



**Chill**



**For more information/additional questions or comments**

**Bureau of Microbial Hazards**

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