

## Blender Bike Safe Food Handling Requirements

The blender bike is a fun and exciting way for kids to participate in the healthy lifestyle elements of physical activity and healthier snacking choices. To ensure the use of the blender bike is safe and enjoyable for everyone, there are basic principles in safe food handling that must be followed to reduce the risk of food-borne illness.

### Food Handler Responsibilities

All food handlers must:

- Practice good personal hygiene and hand washing. Disposable gloves are not a substitute for hand washing. If hand washing sinks are not accessible, temporary hand wash stations must be set up with potable water in a jug with a spigot, liquid soap in a pump dispenser and single service paper towels.
- Wear clean clothes and aprons (as relevant).
- Starting July 1 2018, at least one certified food handler must be present at all times during hours of operation.

### Protecting Food from Contamination during Storage, Preparation and Display

- Ensure food contact surfaces are smooth, tight and readily cleanable.
- Food must be stored in their original containers or in food grade containers.
- Keep food off the ground and covered with a lid, foil, plastic wrap or other barriers to prevent contamination by pests, dust, dirt and other foreign material.
- Ensure any fresh fruits or vegetables are washed using potable water before cutting and are ready to use before they are at the site. If prepared in advance, store them in the cooler/fridge.
- If using water in smoothies or other food items, it must also come from a potable water source.
- Use clean utensils for handling food or pour ingredients straight from their containers or packets if possible to minimize hand contact.
- Ensure that ice is from a potable water source and use a clean unbreakable scoop. Do not store the scoop in the ice.
- Have a bottle of freshly prepared (labelled) sanitizer for wiping down surfaces. Store separately from food.
- If outside, have a canopy or cover over food preparation areas to protect from dust, dirt, rain, bird

## **Maintain Food at Proper Temperatures**

- Store food at appropriate temperatures using thermally insulated containers with cold packs or ice to maintain food temperatures.
- Thermometers must be present in all containers, coolers and refrigeration units.
- Cold foods must be held at an internal temperature of 4°C or lower.
- Hot foods must be held at an internal temperature of 60°C or higher.

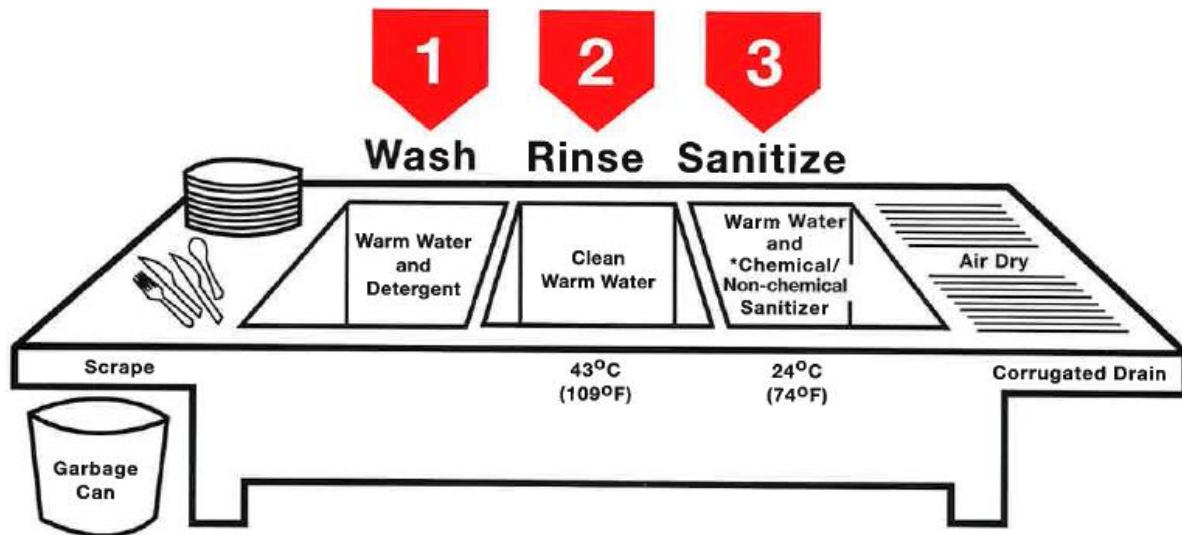
## **Cleaning**

- Wash all blenders and food tools manually or in a dishwasher.
- Steps for manual dishwashing are to wash, rinse, and then sanitize using an approved sanitizer.  
E.g.: mix 2 tsp (10ml) bleach with 1L water.

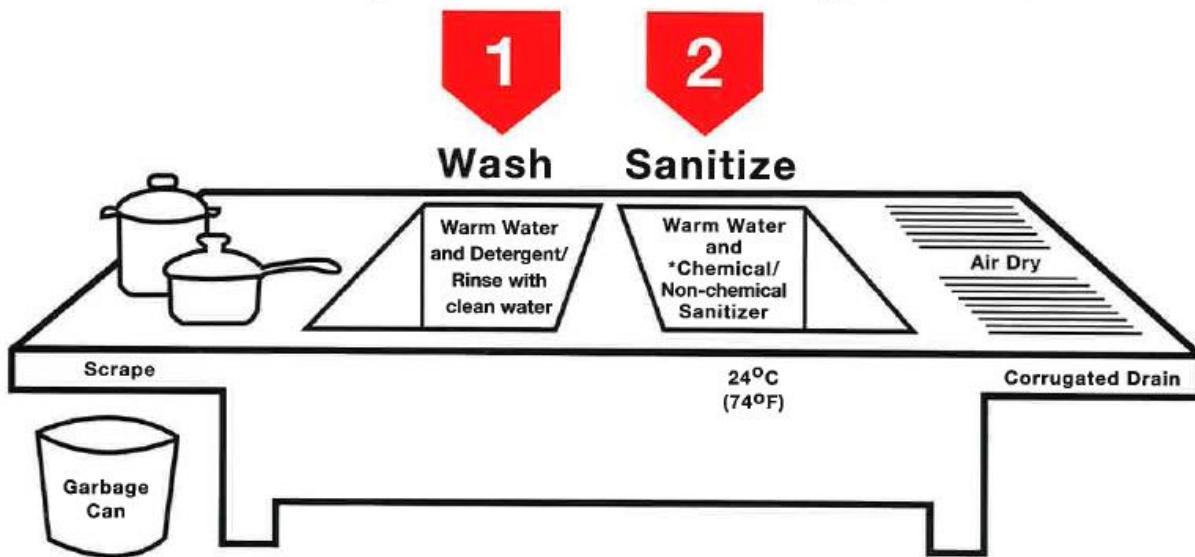
Note: Ensure participants are asked if they have any allergies. To decrease its risk, you must clean the blender between each use, especially if you are using ingredients that are potential allergens (such as wheat, eggs, milk, and yogurt). It cannot be guaranteed that the blender is nut-free, as it will be used by different partners.

**For more information regarding safe food handling  
visit <http://www.timiskaminghu.com/291/Food-Safety>  
or call 705-647-4305**

## Three - Sink Dishwashing Method For Multiservice Articles



## Two - Sink Dishwashing Method For Pots, Pans and Cooking Utensils



### \*Chemical method, Non-chemical Method:

Hot water, 77°C for 45 seconds or one of the following:

- Chlorine 100 ppm for 45 seconds
- Quaternary ammonium compounds, 200 ppm for 45 seconds
- Iodine 25 ppm for 45 seconds

### Note:

- Do not mix bleach with detergent
- Use a test reagent to check the concentration of sanitizer
- Use an accurate thermometer to check water temperature