

Food safety is an important issue that has been given global attention, mainly due to several occurrences of food poisoning cases around the world that are a threat to the health of consumers. It is for this reason that food safety training is considered crucial to all the workers in the food industry to prevent food poisoning outbreaks.

What Is Food Poisoning?

Foodborne illness, more commonly referred to as food poisoning, is the result of eating contaminated, spoiled, or toxic food. The most common symptoms of food poisoning include nausea, vomiting, and diarrhea.

Although it's quite uncomfortable, food poisoning isn't unusual. According to the Centers for Disease Control (CDC), one in six Americans will contract some form of food poisoning every year.



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Food Poisoning

Food poisoning (also known as foodborne illness or foodborne disease) is any illness that results from eating contaminated food.

Causes

Harmful bacteria are the most common cause of food poisoning, but there are many other causes, including the following:

- [Bacteria and Viruses](#)
- [Molds, Toxins, and Contaminants](#)

Long-Term Effects :associated with several common types of food poisoning include:

- Kidney failure
- Chronic arthritis
- Brain and nerve damage
- Death

Who's at Risk

Certain groups of people are more susceptible to food borne illness. This means that they are more likely to get sick from contaminated food and, if they do get sick, the effects are much more serious. These groups include:

- [Pregnant women](#)
- [Older adults](#)
- [Persons with chronic illnesses](#)

What Does the Program Cover?

HCRFF Food Safety Training Program will benefit, school cafeteria, fast food restaurant, street vendors, hotel restaurants. The course is made up of **5 modules**:

Module 1, Food safety basics, is an overview of food safety for all staff and volunteers.

Module 2 is for the program director
Module 3 is for the food service management staff,

Module 4 is for food service workers (staff and volunteers)

Module 5 is for drivers (staff and volunteers).

Costs to Attend

- MEMBERS: \$25 USD
- NON-MEMBERS: \$50 USD

Who should attend?

- School Cafeteria
- Street Vendors
- Hotel Restaurants Employees
- Fast Food Restaurants Employees

Certificate

Certificate may be given to participants who have attended and completed the course.



Food Safety Check List

Determine areas in your operations requiring corrective action. Record corrective action taken and keep completed records in a notebook for future reference:

- PERSONAL HYGIENE
- FOOD PREPARATION
- HOT HOLDING
- COLD HOLDING
- REFRIGERATOR, FREEZER, AND MILK COOLER
- FOOD STORAGE AND DRY STORAGE
- CLEANING AND SANITIZING
- UTENSILS AND EQUIPMENT
- LARGE EQUIPMENT
- GARBAGE STORAGE AND DISPOSAL
- PEST CONTROL

