

Introduction

In the first six months of 2014, 267 individuals directly benefitted from the Safe Food Handling course rolled out by Winnipeg Harvest. Our Safe Food Handling program is designed to train individuals to become responsible food handlers in the food industry by using safe food handling methods and food preparation techniques. This training also promotes worker's health and safety.

This eight (8) hour, once a month course which has benefited our associate agencies, volunteers and staff includes PowerPoint ©, video instruction and class discussions. The topics include dish washing, cross-contamination and other components of safe-food handling. It concludes with a credited final exam administered by Manitoba Health.

Upon successful completion of the classroom training and practical evaluation, the Province of Manitoba issues a certificate of completion to participants. This is to certify that they have successfully demonstrated knowledge of safe food handling practices. The certificate is valid for five (5) years from the date of issuance.



Course Structure and Modules

The Manitoba Health Food Handler Training Certification is structured on the following modules:

1. Introduction to Safe Food Handling
2. Food Service Illness and Injury
3. Receiving and Storing Food
4. Preparing Food
5. Serving Food
6. Cleaning

→ Module 1: Introduction to Safe Food Handling

This module will describe the benefits of the Safe Food Handling program; the benefits to workers, employers and customers. This module also will identify the Top 10 Improper Food Handling Practices, the Top 10 Workplace Safety Hazards and explain why it is important for food handlers to learn and follow safe food handling procedures.

→ Module 2: Foodservice Illness and Injury

This module is to provide trainees with an overview of what microbes are, how they are transmitted, how they cause illness and how to control their growth. Microbes include: bacteria, viruses, parasites, protozoa and fungi. This module also explains how harmful pathogens can cause illness, the conditions that promote bacterial growth, and the methods for controlling the transmission of pathogens.

→ Module 3: Receiving and Storing Food

In this module, trainees will be provided with an overview of the receiving and storing of goods, while paying attention to the inspection of goods as they enter the food premises. In addition, safe storage techniques for foods and chemicals, and techniques for avoiding common job hazards when manually handling heavy goods are addressed.

→ Module 4: Preparing Food

Module 4 introduces trainees to the classification of foods and identifies potentially hazardous foods. Food Preparation also covers the handling of utensils, ware, equipment and temperature settings because each can transfer pathogens.

→ Module 5: Serving Food

The purpose of Module 5 is to provide trainees with practical solutions for reducing the risks of contamination and foodborne illness. Practical and sanitary procedures for carrying, serving and dispensing food are covered. Other topics include; prevention of slips and trips in the work environment, handling complaints, and when not to work to reduce the chance of transmitting illness and disease.

→ Module 6: Cleaning

The last module presents the correct procedure for washing, rinsing, sanitizing, drying and storing ware: dishes, pots, pans, cooking utensils and cutlery. Microbes can be transmitted from a person's mouth, lips and hands onto utensils. Food and other sanitizing of soiled objects should be performed as soon as possible after use. Deposits and soil encourage survival of microbes that can be passed on to the next customer or foodservice worker.

Note: There will be a review to help reinforce the practices and procedures covered previously and highlight problem areas for retention of information. There should be an opportunity for students to ask questions or get clarification on concepts that are not clear to them.

→ Timelines and Our Approach

Enrollment for the training is on a wait list basis and opportunities are offered when space is available. To be completely registered in this training program, you must be a volunteer at Winnipeg Harvest or other related agency partners for a minimum of thirty (30) hours. (Maximum of 4 hours per day and 2 times per week.)

Our instructors combine group learning and a one-on-one approach to address individual training needs. The course is offered once a month, from 8:30 a.m. to 4:30 p.m. Our instructors have been certified by Safety Services Manitoba, an institution mandated to making workplaces and roads safer.

Our Training Facilities

The Asper Learning & Friendship Village hosts the training programs at Winnipeg Harvest, including the classroom component of Safe Food Handling.



The Asper Learning & Friendship Village hosts most of the training programs held at Winnipeg Harvest. In this picture, Karen Hoersch, Kitchen Training Coach facilitates a Safe Food Handler course.

From Past Training Beneficiaries

"The training was just perfect. I would say I had one of the best trainers who was audible and engaged in questions with responses made right away. She kept the class engaged"

"Karen did a great job. Starting on time and having the equipment ready is a key."

"A good course, looking forward to doing some more."

"Karen made the class very interesting and I enjoyed the videos."