

# Turner Valley Golf Club

## Food Safety Policy

### Intent

Food Safety is the number one concern of Turner Valley Golf Club. This policy has been adopted to ensure that food that is served by employees and volunteers meets the prescribed safety standards of [Health Canada](#).

### Scope

This policy applies to all employees and volunteers of Turner Valley Golf Club and shall outline the following:

- Food Allergies
- Food Poisoning
- Safe Food Handling Tips
- Safe Temperatures

### Food Allergies

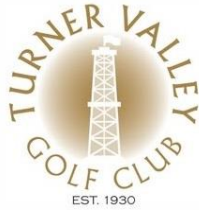
The human body's immune system responds aggressively to particular protein(s) when an individual is allergic to certain foods and can trigger reactions that can be life-threatening.

Some common allergic reaction symptoms can include but are not limited to the following:

- |   |   |
|---|---|
| ▪ Trouble breathing, speaking or swallowing | ▪ Swelling of the eyes, face, lips, throat and tongue |
| ▪ Hives or a rash                           | ▪ Drop in blood pressure                              |
| ▪ Weakness or fainting                      | ▪ Shock   |
| ▪ Diarrhea                                  | ▪ Loss of consciousness                               |
| ▪ Vomiting                                  | ▪ Rapid heart beat                                    |
| ▪ Cramps                                    | ▪ Flushed or pale face                                |

When serving food, it is important to consider that some people may have food allergies. If an individual informs you that they have a food allergy, be sure that their food allergy is taken seriously. Food prepared for the individual is not to come into contact with items they are allergic to. If in doubt, make the item from scratch, or suggest another menu item that does not contain an allergen.

More information about food allergies can be found on the [Canadian Food Inspection Agency](#) website.



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## Food Poisoning

Food can easily be contaminated by foodborne pathogens – bacteria, viruses and parasites resulting in food poisoning.

Some symptoms of food poisoning include but are not limited to the following:

- Nausea
- Vomiting
- Diarrhea

When serving food, employees and volunteers of Turner Valley Golf Club are to ensure they handle food safely to prevent food poisoning.

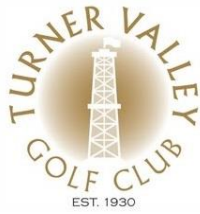
## Safe Food Handling Practices

1. Make sure the surface area where food is being prepared is clean and free from contaminates.
2. Always Wash your hands prior to handling food, as well as in between handling different types of food.
3. Be sure to refrigerate leftover items at 4 degrees Celsius or below.
4. Only reheat refrigerated items once.
5. Be sure to keep raw foods separated from cooked items to eliminate cross-contamination.

## Safe Temperatures

Always cook food to a safe internal temperature using the guidelines below and verify the temperature by using a digital food thermometer.

Food	Temperature
Beef, veal and lamb (pieces and whole cuts) – medium-rare	63°C (145°F)
Beef, veal and lamb (pieces and whole cuts) – medium	71°C (160°F)
Beef, veal and lamb (pieces and whole cuts) – well done	77°C (160°F)
Pork (pieces and whole cuts)	71°C (160°F)
Poultry (i.e. chicken, turkey, duck) – pieces	74°C (160°F)
Poultry – whole	85°C (160°F)
Ground meat and meat mixtures (i.e. burgers, meatloaf, casseroles, sausage, etc.) – beef, veal, lamb and pork	71°C (160°F)
Ground meat and meat mixtures - poultry	74°C (160°F)
Egg dishes	74°C (160°F)
Others (hot dogs)	74°C (160°F)



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