

# CALGARY HEALTH REGION GUIDELINES



## STAMPEDE BREAKFASTS

# CALGARY HEALTH REGION GUIDELINES FOR STAMPEDE BREAKFASTS

A Stampede Breakfast is a “**non-profit food event**” with no direct or indirect charge to customers.

## 1. FOOD SOURCE, PREPARATION AND PROTECTION

- **All foods and ingredients must be obtained from approved sources (*commercially pre-packaged or prepared in a licensed facility*).** Acceptable foods consist of sausages, bacon, pancakes, syrup, & prepackaged perishables.
- **NO** home food preparation or cooking is permitted unless approved by CHR.
- Use oil and spread products that meet the CHR Trans Fat Reduction Strategy. **See Page 5 & [Environmental Health Trans Fats webpage](#).**
- **All foods must be protected from contamination** (*i.e. public handling, coughing, sneezing, dust, etc.*) during preparation, processing, storage, and display. **Cooking devices** such as *BBQ's, grills, boiling pots etc.* must be physically separated from the public.
- **Foods must be transported from food establishments in a manner that prevents contamination** and keeps the food at temperatures **below 4°C (40 °F) or above 60°C (140°F).**
- **All perishable foods (i.e. meats, eggs, dairy products, etc.)** must be kept at temperatures **below 4°C (40°F) or above 60°C (140°F).**
- **A suitable thermometer** that is capable of measuring temperatures between 0°C and 100°C is required for potentially hazardous foods (*i.e. digital probe thermometer or infrared*).
- **Self serve condiments must be individually pre-packaged** or dispensed from a squeeze or pump container or a container with an attached lid.
- **Customer single service utensils must be stored and or dispensed in such a manner that prevents contamination.**
- **All foods and utensils must be stored in a sanitary manner** at least 15 cm. (6 inches) off the ground, protected from sources of contamination and separate from chemicals and staff personal items.
- All table surfaces must be smooth and washable. Linens or table covers must be clean.

## 2. FOOD HANDLER HYGIENE

- All food handlers must wash their hands with water and soap **before** handling food, putting on gloves and **after** handling raw meats, money or anything that could be soiled.
- Hair must be controlled and secured away from face (*i.e. baseball caps, scarves, elastics, etc.*).
- Food handlers must not work when ill.
- Smoking must not occur in food areas.
- Staff must wear clean clothing when working.

#### 4. FOOD HANDLER TRAINING

1. It is recommended that at least one food handler in charge should have successfully completed one safe food handling course provided by or satisfactory to CHR. A free 2 ½ hours Safe Food Handler Training Course is available or a home study booklet course equivalent to the 2 ½ hours course is available from the Calgary Health Region office.

2.

**For further information on food courses,  
please contact CHR 403-943-2288.**

#### 5. HANDWASH STATIONS

- **All booths handling unwrapped food require a suitable handwash station.** Washroom sinks cannot be used for this purpose. Handwash stations must be equipped with liquid soap and single use towels in suitable dispensers. Information about *temporary handwash stations* can be found on **page 4**.

#### 6. WASTE MANAGEMENT

- **Liquid waste** must either be discharged directly to an approved sanitary sewer or stored in a totally enclosed waste water holding tank. Waste water may not be disposed of into a storm sewer.
- Waste water holding tanks must be sized to accommodate equal or greater volumes of the potable water supply.
- All garbage must be collected and disposed of in a sanitary manner.

## **TEMPORARY HANDWASH STATIONS**

The CHR Food Establishment Policy requires on-site handwashing at Stampede Breakfasts where unwrapped food is handled.

Temporary handwash stations must include the following items:

1. A fresh water source in a holding container with a minimum capacity of five (5) gallons or twenty-two (22) litres. The water temperature should be between 30°C - 45°C. The acceptable method for washing hands is in the stream of running water for approximately 20 seconds and not in water that is resting in the catch basin.
  - I.e. a five (5) gallon (22 L) camping jug or coffee urn with a **tap or spigot**, filled with water that is maintained at proper temperature. A Cambro coffee urn is ideal.
2. An enclosed collection system to catch the waste water from the handwashing procedure. The waste collection system must be equal or greater in capacity than the water source. This can be achieved by inserting a large funnel into an empty five (5) gallon pail.
  - I.e. a large automotive funnel will fit entirely over the top of an open five (5) gallon pail. A smaller funnel can be inserted into a hole in the lid of the pail. The funnel should be large enough to trap all waste water.
3. Single-use towels and liquid soap in suitable dispensers.

**Handwash stations must be operational before any unwrapped food is handled.**

Waste water shall be disposed of in a toilet or other receptacle connected to a sanitary sewer. Do not dump waste water into storm sewer.

**For more information,  
please contact our office at 403-943-2288  
or [www.calgaryhealthregion.ca/envhealth](http://www.calgaryhealthregion.ca/envhealth)**