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# Web Resources: Food Safety

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## Home Canning

### Homecanning.com

The Canadian portion of the homecanning.com site by Bernardin Ltd. Contains information on the basis of home canning, recipes, and archived newsletters. Includes easy to follow guidelines on how to ensure food safety when canning at home.

- Canning Basics  
<http://www.homecanning.com/can/ALBasics.asp>
- Homepage  
<http://www.homecanning.com/can/>

### North Dakota State University - Canning Section

From the North Dakota State University Extension Service's Ask Extension Database. This section provides answers to a variety of canning questions. Contains information about canning equipment, canning different foods, canning methods, and food safety.

- Canning section  
<http://ndsuxt.nodak.edu/extnews/askext/canning.htm>
- Homepage  
<http://www.ext.nodak.edu/extnews/askext/mainlist.htm>

## Food Safe Practices

### BC Ministry of Health Services - Health Files

A series of over 120 one-page easy-to-understand fact sheets about a wide range of public and environmental health & safety issues by the BC Ministry of Health Services.

- Ten Easy Steps to Make Safe Food (#59)  
<http://www.bchealthguide.org/healthfiles/hfile59.stm>
- Foods to Avoid for People at Risk of Food-borne Illness (#76)  
<http://www.bchealthguide.org/healthfiles/hfile76.stm>
- Home Canning - How to avoid Botulism (#22)  
<http://www.bchealthguide.org/healthfiles/hfile22.stm>
- Raw Milk: A Risk To Public Health (#03)  
<http://www.bchealthguide.org/healthfiles/hfile03.stm>
- Hamburger Disease (Haemorrhagic Colitis) (#02)  
<http://www.bchealthguide.org/healthfiles/hfile02.stm>
- Unpasteurized Fruit Juices (#72)  
<http://www.bchealthguide.org/healthfiles/hfile72.stm>
- Campylobacter Infection (#58)  
<http://www.bchealthguide.org/healthfiles/hfile58.stm>
- Listeriosis (#75)  
<http://www.bchealthguide.org/healthfiles/hfile75.stm>
- Salmonellosis (#17)  
<http://www.bchealthguide.org/healthfiles/hfile17.stm>

**Disclaimer:** Dial-A-Dietitian does not necessarily endorse the information or advice provided by any of the websites listed or linked to. Consult your doctor or registered dietitian before making any diet, fitness, or treatment changes.



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- Toxoplasmosis (#43)  
<http://www.bchealthguide.org/healthfiles/hfile43.stm>
- Health Files section  
<http://www.bchealthguide.org/healthfiles/>
- Homepage  
<http://www.bchealthguide.org>

### **Canadian Food Inspection Agency**

The primary source of information regarding food recalls and government regulations for food production, preservation, and storage. Contains simple guidelines for ensuring food safety, both in the home and in public food facilities.

- "Food Safety Facts on Power Failure Food Safety"  
<http://www.inspection.gc.ca/english/corpafr/foodfacts/powere.shtml>
- "Index of Food Recalls"  
<http://www.inspection.gc.ca/english/corpafr/recarapp/recaltoce.shtml>
- Homepage  
<http://www.inspection.gc.ca>

### **Canadian Partnership for Consumer Food Safety Education**

A partnership of industry, consumer, health and environmental organizations, and the federal and provincial government organizations. Contains some consumer factsheets, and child learning programs for educators. Available in French & English.

- "Chill Out" brochure  
<http://www.canfightbac.org/english/class/chilloute.shtml>
- Factsheets section  
<http://www.canfightbac.org/english/ccentre/factsheets/factsheetse.shtml>
- Homepage  
<http://www.canfightbac.org>

### **Fight Bac! Keep Food Safe From Bacteria**

A website created by a partnership of U.S. government, consumer, and industry groups. Dedicated to educating the public about food safety practices. Cooking time/temperature and cold storage charts are available online.

- "Cook: Heat it Up!"  
<http://www.fightbac.org/heatitup.cfm>
- "Chill: When in Doubt - Throw It Out"  
<http://www.fightbac.org/doubt.cfm>
- Homepage  
<http://www.fightbac.org>

### **FMI - Food Storage Information**

A section from the U.S. Food Marketing Institute website. Contains information on how to maintain freshness and optimum quality of foods through proper storage techniques and instructions. Advice for shelf-stable, perishable, refrigerated, frozen foods, etc.

- Food Storage Information section  
<http://www.fmi.org/consumer/foodkeeper/search.htm>
- Homepage  
<http://www.fmi.org>

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### **North Carolina Cooperative Extension Service's Food Safety Website**

A gateway to reliable and up-to-date food safety information from the North Carolina Cooperative Extension Service at North Carolina State University. Food safety information is organized into food categories, such as milk and dairy, meat, fish and seafood, etc. "Hot Topics" profiles the latest findings and research in food safety/technology. Contains publications for consumers, researchers, and industry professionals.

- Homepage  
<http://www.ces.ncsu.edu/depts/foodsci/agentinfo/>

### **www.FoodSafety.gov**

Part of the US National Food Safety Information Network, and maintained by FDA's Center for Food Safety and Applied Nutrition. Contains extensive links to selected US government food safety-related information.

- Consumer Advice section  
<http://www.foodsafety.gov/~fsg/fsgadvic.html>
- Frequently Asked Questions section  
<http://www.foodsafety.gov/~fsg/fsgfaq.html>
- Homepage  
<http://www.foodsafety.gov>

## **Specific Food Safety Concerns**

### **FDA CFSAN - Consumer Questions and Answers about Bovine Spongiform Encephalopathy (BSE)**

An informative factsheet on BSE (Mad Cow disease) provided by the US Food and Drug Administration, Center for Food Safety and Applied Nutrition. Assesses the risk and prevalence of Mad Cow disease in North America, and other parts of the world.

- "Consumer Questions and Answers about BSE" factsheet  
<http://www.cfsan.fda.gov/~comm/bsefaq.html>
- Homepage  
<http://www.cfsan.fda.gov>

### **MCF - "Life-Threatening Food Allergies in School and Child Care Settings"**

By the BC Ministry of Children and Family. This booklet provides practical information to help parents with care providers, staff, and children to deal with life-threatening food allergies.

- "Life-Threatening Food Allergies in School and Child Care Settings" (148 Kb)  
[http://www.mcf.gov.bc.ca/public\\_health/food\\_allergies.pdf](http://www.mcf.gov.bc.ca/public_health/food_allergies.pdf)
- Homepage  
[http://www.mcf.gov.bc.ca/public\\_health.htm](http://www.mcf.gov.bc.ca/public_health.htm)

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