Food Safety
For First Nations Communities in BC

What you can do to protect yourself, your family and your community from Foodborne Illness.

Follow These Four Safe Food Handling Practices

CLEAN
WASH HANDS AND SURFACES OFTEN

SEPARATE
SEPARATE RAW MEATS FROM OTHER FOODS

COOK
COOK TO THE RIGHT TEMPERATURE

CHILL
REFRIGERATE FOOD PROMPTLY

Food Safety for BC First Nations Communities

For information guides on the risks and effects of foodborne illness and steps to take for safe handling, preparation and storage practices of traditional foods and market foods, contact your local Community Health Centre and visit us online: www.fnha.ca/environmentalhealth

First Nations Health Authority
Health through wellness