



Camp Lau-Ren Manual for Cooks

To be used in conjunction with the **Staff Manual**

Revised: June 2018

CAMP LAU-REN is a Christian Camp owned by Lau-Ren Camp Corporation of the United Church of Canada.

THE PURPOSE of the Camp is to provide an experience of Christian community in an outdoor setting wherein persons may have an opportunity for growth in personal relationships, a deepening awareness of God, and the development of personal faith and character.

LAU-REN CAMP CORPORATION owns the property and administers it in accordance with the purpose stated above as a non-profit enterprise, financed from campers' fees which are heavily subsidized by a grant from the Bay of Quinte Conference of the United Church and by gifts from individual congregations and United Church Women's groups in the Presbytery.

THE BOARD OF DIRECTORS is appointed by the Lau-Ren Camp Corporation to maintain the property and facilities, help plan the camping program and recruit volunteer leadership. Appointments endeavour to represent all areas of the Presbytery.

THE CAMP EXECUTIVE DIRECTOR is engaged by the Camp Corporation as executive director of the whole operation and is responsible to the Corporation through the Board of Directors.

MISSION:

Our Mission is to provide a Christian experience for campers by providing programs and services that foster Christian faith, provide opportunities for personal growth, develop skills to build community and relationships, foster an environment of inclusion of everyone, and provide opportunities to acquire new skills and knowledge.

VISION:

In Camp Lau-Ren's natural setting, there will be an opportunity to have fun, to gain a deepening awareness of others, a growing understanding of oneself, and a strengthening of personal faith as we meet God in Jesus Christ.

VALUES:

Respect
Collaboration
Community

HEAD COOK

Job Description (Risk assessment — 4)

The cooks order the kitchen supplies, prepare the meals, and ensure sanitary conditions in the kitchen. The cooks are responsible to the Executive Director but consult with the Camp Director (CD) with regard to serving procedures. Any problems with volunteer leaders are to be taken up with the CD. The Kitchen is off limits for campers, leaders, and counsellors at all times.

Qualifications

- a) Mature, self-motivated and free from infectious diseases spread through food.
- b) Must have a general knowledge of food preparation, nutrition, and sanitation.
- c) Must have completed Food Handler Training and received Provincial Good Handler Certification within the last 5 years.
- c) Must be able to prepare food in an efficient, timely manner following a set menu, which follows Canada's Food Guide, for 60 - 100 persons. (Three meals per day plus an evening snack and one cook-out.)
- d) Preference is given to individuals with two or more years of experience.

Authority

1. The Head Cook is responsible to the Executive Director.
2. The Camp Director is responsible for the campers while they are in the Dining Hall.
3. The Head Cook will consult with the Camp Director as to serving procedures.
4. The Head Cook instructs and supervises the Assistant Cook(s) and Floater(s).

General

1. The Executive Director will arrange to provide training in all aspects of food preparation.
2. The Head Cook is expected to be involved in the Camp program; ie campfire, vespers, etc. when their work schedule permits.
3. Any deficiencies or problems are to be reported to the Executive Director.
4. The Cooks are to abide by the provincial "Health Protection and Promotion Act – R.R.O. 1990, Reg.568" under section 18 "Food Preparation and Storage."
5. All perishable foods such as meat, fish, and mayonnaise should be kept in a clean, dry storage area maintained at 4 degrees C (Celsius) (40 degrees F.).
6. The Camp Director or Health Care Provider will discuss, with the Executive Director and the Cook, a special menu for a camper with a life-threatening allergy or serious medical condition. See peanut allergy information in kitchen.
7. Whenever possible, materials are to be purchased with a view to environmental concerns, recyclable packaging and waste is sorted and recycled or composted or re-used.
8. Garbage is to be disposed of properly, in accordance with local and provincial regulations, and to minimize the risk of attracting animals.
9. Whenever possible, materials shall be purchased with a view to environmental concerns.

Use of disposable items: In the interests of preserving the environment and minimizing impact on landfill sites, camps are strongly urged to limit the use of disposable items in food preparation, serving, and cookouts.

10. Any problems with volunteer leaders or campers are to be taken up with the Director of that Camp.
11. The Kitchen is off limits for campers, leaders and counsellors at all times.
12. The Kitchen may be locked at night at the Head Cook's discretion.

Pre-Camp Duties

1. Discuss all aspects of kitchen routines, food handling and preparation with the Executive Director.
2. Wash and prepare Kitchen and Dining Hall, e.g., clean shelves, wash dishes, clean cooler, fridges, and freezers.
3. Prepare a list of supplies and review with Executive Director.
4. Review and discuss the weekly menu with the Executive Directors and the kitchen staff and ensure that it is understood by the kitchen staff.
5. Prepare a list of supplies and review with Executive Directors.
6. Perform other set-up duties as directed by the Executive Directors.
7. Prepare meals for staff in consultation with the Executive Directors.

Duties during Weekly Camps

Order food supplies, keeping within a set budget.

Accept deliveries and check invoices against supplies received.

The Head Cook will consult with the Camp Director as to serving procedures.

Prepare and serve food in conjunction with the Assistant Cook and Floater.

Ensure that, during camper meals, the full attention of the kitchen staff is to be directed to the efficient serving of the meal.

Ensure clean and sanitary conditions in the Kitchen and Dining Hall.

Ensure that the Kitchen floor is washed daily.

Empty garbage in kitchen and Dining Hall after every meal.

Ensure that each refrigerator has a thermometer inside, that the maximum temperature is 4 degrees C (40 degree F) and that the maximum temperature in the freezer compartment is -18 degrees C (-4 degree F).

Wear proper personal work garments and hair restraints.

Maintain good personal hygiene.

Assign the duties and supervise the work patterns of the Assistant Cook and Floater.

Provide food supplies for picnic canoe trips, overnight camp-outs and out-trips. Consult with Camp Director by Monday noon re intended camp-outs or out-trips and supplies desired.

Provide three meals per day, Monday through Friday, Breakfast on Saturday, Dinner on Sunday. In addition:

- One evening meal each week will be a cook-out and a Cook will be available for consultation during the Cook-Out. Consult with the Camp Director.
Pack and set out the food to be available for pick up by volunteer staff.
One Cook will be available in the Kitchen during the pick-up of cook-out supplies.
The Head Cook will give direction to Volunteer Leader/Camp Director on the

proper use of the grill in the event of inclement weather.

If the cook-out cannot be held outdoors, the Volunteer Leader/Camp Director who received instruction on use of the grill will be in charge of cooking food in the kitchen.

One Cook or Floater will be available at the cook-out for consultation if needed.

- Food and drink for evening snacks will be prepared, but not served by the Cooks.

The Caretaker will advise the kitchen staff of a **fire drill**. Such a **drill** should happen early Monday morning, but, if postponed because of rain or any other reason, it is to take place as soon as possible thereafter. During such a **drill**, Cooks are not expected to participate, especially if food is being prepared. If not advised of a drill by the Caretaker, the emergency signal should be obeyed after first making sure all stoves are turned off.

Post Camp Duties

Prepare meals for remaining summer staff in consultation with the Executive Directors.

Prepare an inventory of all items left over from the summer period and submit this to the Executive Directors.

Store all items which can remain on the site over the winter period in a safe, mouse-proof manner.

Place all items which must be removed from the site, on the shelves, and inform the Executive Director of same.

Empty and clean refrigerators, freezers, milk cooler and the walk-in cooler unless directed otherwise.

Leave the entire kitchen area in a sanitary condition – clean ovens, stoves, kitchen shelves, freezers, cooler, fridges, tables, floor.

Leave Dining Hall in a sanitary condition – wash cupboard shelves and outside of cupboards of any spilled food.

Sort cutlery in Dining Hall.

Smyth – Clean fridge, microwave, toaster oven, return all kitchen items to kitchen

Complete all items on the “Kitchen Closing” list

Consult with Executive Director to ensure that all duties have been satisfactorily completed before leaving camp.

ASSISTANT COOK

Job Description (Risk assessment — 4)

Qualifications

- Must have a general knowledge of food preparation, nutrition and sanitation.
- Must be a minimum age of 16 years.
- Must be a self-motivated person capable of working with a minimum of supervision.

General Duties

The Assistant Cook will work under the instruction and direct supervision of the Head Cook.

The Assistant Cook will provide assistance as required by the Head Cook in fulfilling the

duties and responsibilities of that position.

Volunteer staff will arrange to have campers set tables and wash up after meals under the direction of a Leader. The Assistant Cook is to instruct on dishwashing and jumper duties at each Camp to ensure that it is done properly.

The Assistant Cook is expected to be involved in the Camp program (campfire, vespers, etc.) as their schedule permits.

Smoking is prohibited in the Kitchen and Dining Hall.

All used kitchen cloths, towels and aprons should be washed daily.

Stoves and grills are to be kept clean and grease pans emptied regularly.

Health Protection and Promotion Act Community Health Protection

Food Premise

Every person who operates a food premise shall maintain and operate the food premise in accordance with the regulations.

Persons employed on or in a food premise

Every person employed on or in a food premise shall comply with the standards and requirements prescribed by the regulations for such persons.

Information

Every person who operates a food premise shall furnish the Medical Officer of Health of the Health Unit in which the food premise is located with such information as the Medical Officer of Health requests in respect of the manufacturing, processing, preparation, storage, handling, display, transportation, sale or offering for sale of any food on or in the food premise and the distribution of food from the food premise.

Health Protection and Promotion Act Food Premises Regulation

The Cooks are responsible for ensuring that the following sections of the above Act are followed.

Health Protection and Promotion Act

ONTARIO REGULATION 493/17

FOOD PREMISES

Consolidation Period: From December 15, 2017 to the [e-Laws currency date](#).

Note: THIS REGULATION IS NOT YET IN FORCE. It comes into force on July 1, 2018.

No amendments.

This is the English version of a bilingual regulation.

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PART I INTERPRETATION AND APPLICATION

Interpretation

1. (1) In this Regulation,

“corrosion-resistant material” means any material that maintains its original surface characteristics after,

- (a) repeated exposure to food, soil, moisture or heat, or
- (b) exposure to any substance used in cleansing and sanitizing; (“matériau résistant à la corrosion”)

“domestic hen” means a hen of the domestic chicken belonging to the species *Gallus Domesticus*; (“poule domestique”)

“eggs” means raw eggs in the shell; (“oeufs”)

“equipment” means any appliance, apparatus or device that is or may be used in the operation or maintenance of a food premise, including vending machines, but does not include utensils or multi-service articles; (“équipement”)

“farmers’ market food vendor” means the operator of a stall or other food premise that is located at a central location at which a group of persons who operate stalls or other food premises meets to sell or offer for sale to consumers products that include, without being restricted to, farm products, baked goods and preserved foods, and at which the majority of the persons operating the stalls or other food premises are producers of farm products who are primarily selling or offering for sale their own products; (“vendeur d’aliments dans un marché de producteurs”)

“farm products” means products that are grown, raised or produced on a farm and intended for use as food and include, without being restricted to, fruits and vegetables, mushrooms, meat and meat products, dairy products, honey products, maple products, fish, grains and seeds and grain and seed products; (“produits agricoles”)

“food contact surface” means the surface of counters, equipment and utensils with which food may normally come into contact; (“surface de contact avec des aliments”)

“food handler” means any person who,

- (a) is employed in a food premise, and
- (b) handles or comes in contact with any utensil or with food during its preparation, processing, packaging, service, storage or transportation; (“préposé à la manutention des aliments”)

“food handler training” means food safety training provided by a local board of health, agency of a board of health or through a program that the Ministry has recognized as being equivalent to the food safety training standards established by the Ministry; (“formation des préposés à la manutention des aliments”)

“food service premise” means any food premise where meals or meal portions are prepared for immediate consumption or sold or served in a form that will permit immediate consumption on the premises or elsewhere; (“lieu de restauration”)

“Grade ‘C’ eggs” means eggs that are graded Canada C in accordance with the *Egg Regulations* (Canada), made under the *Canada Agricultural Products Act* (Canada); (“oeufs de catégorie C”)

“handwashing station” means a hand basin with hot and cold running water that is located in close proximity to a soap dispenser and either a mechanical hand dryer or a single-service towel dispenser; (“poste de lavage des mains”)

“low-risk food” means food that is not potentially hazardous food; (“aliments à faible risque”)

“manufactured meat product” means food that is the product of a process, that contains meat as an ingredient and that is customarily eaten without further cooking, and includes meat that is processed by salting, pickling, fermenting, canning, drying or smoking or otherwise applying heat or to which edible fats, cereals, seasonings or sugar have been added; (“produit carné”)

“mobile food premise” means a trailer, cart or vehicle-mounted food premise or other itinerant food premise which is capable of being readily moved and in which food is prepared and offered for sale to the public; (“dépôt d’aliments mobile”)

“multi-service article” means any container or utensil that is intended for repeated use in the service or sale of food; (“article à usage multiple”)

“official method” means a method used by a public health laboratory centre established under section 79 of the Act for the laboratory examination of food; (“méthode officielle”)

“potentially hazardous food” means food in a form or state that is capable of supporting the growth of infectious or toxigenic micro-organisms and which requires time and temperature control to limit such growth; (“aliments potentiellement dangereux”)

“pre-packaged foods” means food that is packaged at a premise other than the premises at which it is offered for sale; (“aliments préemballés”)

“registered egg station” means a registered egg station within the meaning of the *Egg Regulations* (Canada) made under the *Canada Agricultural Products Act* (Canada); (“poste d’oeufs agréé”)

“registered processed egg station” means a registered processed egg station within the meaning of the *Processed Egg Regulations* (Canada) made under the *Canada Agricultural Products Act* (Canada); (“poste agréé d’oeufs transformés”)

“sanitizing” means treatment designed to reduce the level of microorganisms to a level that will not compromise the safety of food products, and “sanitize” has a corresponding meaning; (“désinfection, désinfecter”)

“serving” includes self-service; (“service”)

“single-service article” means any container or eating utensil that is to be used only once in the service or sale of food; (“article à usage unique”)

“single-service towel” means a towel that is to be used only once before being discarded or laundered for reuse; (“serviette jetable”)

“utensil” includes kitchenware, tableware, glasses, cutlery or other similar items used in the handling, preparing, processing, packaging, displaying, serving, dispensing, storing, containing or consuming of food. (“ustensile”)

(2) A reference in this Regulation to the medical officer of health or the public health inspector means the medical officer of health or the public health inspector, as the case may be, of the board of health in the health unit in which the food premise referred to is situated.

Application

2. (1) No person shall operate or maintain a food premise to which this Regulation applies except in accordance with this Regulation.

(2) This Regulation applies to all food premises except,

(a) boarding houses that provide meals for fewer than 10 boarders;

(b) subject to subsection (3), food premises owned, operated or leased by religious organizations, service clubs or fraternal organizations where the religious organization, service club or fraternal organization,

(i) prepares and serves meals for special events, or

(ii) conducts bake sales; and

(c) farmers' market food vendors.

(3) If a religious organization, service club or fraternal organization prepares and serves a meal for a special event to which the general public is invited that includes potentially hazardous food originating from a food premise that is not inspected under the Act, the exemption in clause (2) (b) applies only if the following conditions are met:

1. Patrons attending the special event must be notified in writing as to whether or not the food premise has been inspected in accordance with this Regulation. The notice shall be posted in a conspicuous place at the entrance to the food premise at which the special event meal is held.
2. The operator must keep a list of all persons who donate potentially hazardous food for the special event meal and must provide a copy of that list to a public health inspector on request. The list must contain each donor's name, address and telephone number, in full.

Sale of pre-packaged, low-risk food or hot beverages

3. Food premises that sell or offer for sale only hot beverages or pre-packaged, low-risk food items, or both, are exempt from the provisions of clauses 7 (3) (b) and (c) and Parts IV and V if,

- (a) the food premise uses only single-service articles; and,
- (b) any eating or drinking area in the premise is not greater than 56 square metres in area.

**PART II
MOBILE FOOD PREMISES**

Mobile food premises

4. (1) In every mobile food premise,
- (a) food shall be prepared within the premise and served to the public by persons working within the premise;
 - (b) only single-service articles shall be used to serve the food;
 - (c) separate holding tanks shall be provided for potable water and waste water; and
 - (d) every waste tank and water supply tank shall be equipped with an easily readable gauge for determining the waste or water level in the tank.
- (2) Clauses (1) (c) and (d) do not apply to mobile food premises that sell only pre-packaged or non-hazardous food.

**PART III
OPERATION AND MAINTENANCE**

Commencement of operations

5. A person who gives notice of an intention to commence to operate a food premise to the medical officer of health under subsection 16 (2) of the Act shall include his or her name, contact information and the location of the food premise in the notice.

Results of inspections to be posted

6. Every operator of a food premise shall ensure that the results of any inspections conducted by a public health inspector are posted in accordance with the inspector's request.

Operation and maintenance

7. (1) Every food premise shall be operated and maintained such that,
- (a) the premises are free from every condition that may,
 - (i) be a health hazard,
 - (ii) adversely affect the sanitary operation of the premises, or
 - (iii) adversely affect the wholesomeness of food therein;
 - (b) no room where food is prepared, processed, packaged, served, transported, manufactured, handled, sold, offered for sale or displayed is used for sleeping purposes;
 - (c) the floor or floor coverings are tight, smooth and non-absorbent in rooms where,
 - (i) food is prepared, processed, packaged, served, transported, manufactured, handled, sold, offered for sale or displayed,

- (ii) utensils are cleaned, or
 - (iii) washing fixtures and toilet fixtures are located;
 - (d) the walls and ceilings of rooms and passageways may be readily cleaned and may be maintained in a sanitary condition;
 - (e) every room in the premise where food is prepared, processed, packaged, served, transported, manufactured, handled, sold, offered for sale or displayed is maintained in a sanitary condition so as to prevent contamination of food;
 - (f) every room where food is prepared, processed, packaged, served, transported, manufactured, handled, sold, offered for sale or displayed is kept free from materials and equipment not regularly used in the room;
 - (g) the floors, walls and ceilings of every room where food is prepared, processed, packaged, served, transported, manufactured, handled, sold, offered for sale or displayed are kept clean and in good repair; and
 - (h) single-service containers and single-service articles are kept in such a manner and place as to prevent contamination of the containers or articles.
- (2) Despite clause (1) (c), carpeting may be used in areas where food is served if it is maintained in a clean and sanitary condition.
- (3) Every food premise shall be provided with,
- (a) a supply of potable water adequate for the operation of the premises;
 - (b) hot and cold running water under pressure in areas where food is processed, prepared or manufactured or where utensils are cleaned;
 - (c) an adequate number of handwashing stations that are maintained and kept adequately supplied and that are situated for convenient access by food handlers; and
 - (d) refrigerated space adequate for the safe storage of potentially hazardous food.
- (4) The handwashing stations referred to in clause (3) (c) shall be used only for the handwashing of employees.

Equipment, utensils and multi-service articles

- 8.** (1) All equipment, utensils and multi-service articles that are used for the preparation, processing, packaging, serving, transportation, manufacture, handling, sale, offer for sale or display of food in a food premise shall be,
- (a) of sound and tight construction;
 - (b) kept in good repair;
 - (c) of such form and material that it can be readily cleaned and sanitized; and
 - (d) suitable for their intended purpose.
- (2) Equipment and utensils that come into direct contact with food shall be,
- (a) corrosion-resistant and non-toxic; and
 - (b) free from cracks, crevices and open seams.

Arrangement of furniture, etc.

9. Furniture, equipment and appliances in any room or place where food is prepared, processed, packaged, served, transported, manufactured, handled, sold, offered for sale or displayed shall be so constructed and arranged as to permit thorough cleaning and the maintaining of the room or place in a clean and sanitary condition.

Illumination

10. The levels of illumination required under Ontario Regulation 332/12 (Building Code) made under the *Building Code Act, 1992* shall be maintained in a food premise during all hours of operation.

Ventilation

11. The ventilation system in every food premise shall be maintained to ensure the elimination of odours, fumes, vapours, smoke and excessive heat.

Garbage and wastes

12. Garbage and wastes, including liquid wastes, shall be collected and removed from a food premise as often as is necessary to maintain the premise in a sanitary condition.

Pest control

13. (1) Every food premise shall be protected against the entry of pests and kept free of conditions that lead to the harbouring or breeding of pests.

(2) Every operator of a food premise shall maintain records of all pest control measures that are undertaken in the premise and shall retain the records for at least one year after they are made.

Live birds or animals

14. (1) Every room where food is prepared, processed, packaged, served, transported, manufactured, handled, sold, offered for sale or displayed shall be kept free from live birds or animals.

(2) Subsection (1) does not apply to any of the following:

1. Service animals described in subsection 80.45 (4) of Ontario Regulation 191/11 (Integrated Accessibility Standards) made under the *Accessibility for Ontarians with Disabilities Act, 2005* that are in an area of the food premise where food is served, sold or offered for sale.
2. Live birds or animals that are offered for sale on food premises other than food service premises, if the medical officer of health has given approval in writing for the keeping of the birds or animals on the premises.
3. Live aquatic species displayed or stored in sanitary tanks on food premises.

Table covers, napkins and serviettes

15. Table covers, napkins or serviettes used in the service of food shall be clean and in good repair.

Cloths and towels

16. Cloths and towels used for cleaning, drying or polishing utensils or cleaning food contact surfaces shall be,

- (a) in good repair;
- (b) clean; and
- (c) used for no other purpose.

Vending machines

17. (1) Every vending machine in a food premise that automatically mixes water to create a product shall be provided with a potable water supply piped into the machine under pressure.

(2) The name and telephone number of the operator of a vending machine shall be prominently displayed on or near the vending machine if an employee of the operator is not in full-time attendance.

**PART IV
CLEANING AND SANITIZING**

Equipment for cleaning and sanitizing

18. One of the following types of equipment must be provided in a food premise for the cleaning and sanitizing of utensils:

1. Mechanical equipment.
2. Equipment for washing by hand consisting of drainage racks of corrosion-resistant material and,
 - i. a three-compartment sink, or three sinks, of corrosion-resistant material of sufficient size to ensure thorough cleaning and sanitizing of utensils, or
 - ii. a two-compartment sink, or two sinks, of corrosion-resistant material for the cleaning and sanitizing of utensils, if,
 - A. the food premise does not use it for multi-service articles,
 - B. washing and rinsing can be done effectively in the first sink, and
 - C. the second sink is used for sanitizing as described in section 19.

Utensil sanitization

19. Utensils shall be sanitized through the use of,

- (a) clean water at a temperature of at least 77° Celsius, or more, for at least 45 seconds;
- (b) a clean chlorine solution of not less than 100 parts per million of available chlorine at a temperature not lower than 24° Celsius for at least 45 seconds;

- (c) a clean quaternary ammonium compound solution of not less than 200 parts per million at a temperature not lower than 24° Celsius for at least 45 seconds;
- (d) a clean solution containing not less than 25 parts per million of available iodine at a temperature not lower than 24° Celsius for at least 45 seconds; or
- (e) other sanitizing agents if,
 - (i) they are approved for use by Health Canada, the Canadian Food Inspection Agency or the medical officer of health for the intended purpose,
 - (ii) they are used in accordance with the manufacturer's instructions, and
 - (iii) a test reagent for determining the concentration of sanitizer is readily available where the sanitizing takes place.

Mechanical dishwashers

20. (1) Mechanical dishwashers must be,

(a) so constructed, designed and maintained that,

- (i) the wash water is sufficiently clean at all times to clean the dishes and is maintained at a temperature not lower than 60° Celsius or higher than 71° Celsius, and
- (ii) the sanitizing rinse is,
 - (A) water that is maintained at a temperature not lower than 82° Celsius and is applied for a minimum of 10 seconds in each sanitizing cycle, or
 - (B) a chemical solution described in clause 19 (b), (c), (d) or (e); and

(b) provided with thermometers that show wash and rinse temperatures and that are so located as to be easily read.

(2) Subsection (1) does not apply to a mechanical dishwasher that bears a certification from NSF International that certifies it for commercial use.

(3) Subsections (1) and (2) do not apply if the medical officer of health is satisfied that the mechanical dishwasher will effectively clean and sanitize utensils and is appropriate for use at the food premise.

Cleaning and sanitizing of utensils

21. (1) Multi-service articles shall be cleaned and sanitized after each use.

(2) Utensils other than multi-service articles shall be cleaned and sanitized as often as is necessary to maintain them in a clean and sanitary condition.

Cleaning and sanitizing of surfaces

22. The surfaces of equipment and facilities other than utensils that come in contact with food are cleaned and sanitized as often as is necessary to maintain such surfaces in a sanitary condition.

Storage of substances

23. Toxic or poisonous substances required for maintenance of sanitary conditions shall be,

- (a) kept in a compartment separate from food so as to preclude contamination of any food, working surface or utensil;
- (b) kept in a container that bears a label on which the contents of the container are clearly identified; and
- (c) used only in such manner and under such conditions that the substances do not contaminate food or cause a health hazard.

**PART V
SANITARY FACILITIES**

Altering floor space, number of toilets or washbasins

24. (1) No operator of a food premise shall alter the floor space, number of toilets or washbasins in a sanitary facility without first receiving approval in writing from a public health inspector.

(2) Subsection (1) does not apply if the food premise is a meat plant licensed under Ontario Regulation 31/05 (Meat) made under the *Food Safety and Quality Act, 2001* or a plant licensed under the *Milk Act*.

Sanitary facilities

25. (1) Every operator of a food premise shall ensure that sanitary facilities are maintained in accordance with the design, construction and installation requirements in Ontario Regulation 332/12 (Building Code) made under the *Building Code Act, 1992*.

(2) Every sanitary facility in a food premise shall be kept sanitary, properly equipped and in good repair at all times.

(3) Every sanitary facility in a food premise shall be equipped with,

(a) a constant supply of hot and cold running water;

(b) a supply of toilet paper;

(c) a durable, easy-to-clean receptacle for used towels and other waste material;

(d) a supply of soap or detergent; and

(e) a method of hand drying that uses single-service towels or a hot air dryer.

(4) A food premise where water-flush toilets could not be installed is exempt from the requirements of clauses (3) (a), (d) and (e) if,

(a) non-flush toilets or privies completely separate from the food premise were constructed in accordance with a permit issued under the *Building Code Act, 1992*; and

(b) the facilities are lighted and provided with commercially packaged single-use moist towelettes.

PART VI FOOD HANDLING

Food service premise, food handling

26. (1) All food shall be protected from contamination and adulteration.

(2) All food must be processed in a manner that makes the food safe to eat.

(3) Subject to subsection (4), food that has previously been served to a customer shall not be re-served.

(4) Low-risk food that was previously served in packaging or a container that protects the food from contamination may be re-served if the packaging or container has not been compromised and the food has not been contaminated.

(5) Ice used in the preparation and processing of food or drink shall be made from potable water and shall be stored and handled in a sanitary manner.

Temperature, potentially hazardous food

27. (1) Potentially hazardous food shall be distributed, maintained, stored, transported, displayed, sold and offered for sale only under conditions in which the internal temperature of the food is,

(a) 4° Celsius, or lower; or

(b) 60° Celsius, or higher.

(2) Subsection (1) does not apply,

(a) to a potentially hazardous food during those periods of time, not to exceed two hours, that are necessary for the preparation, processing and manufacturing of the food; or

(b) to a hermetically sealed food that has been subjected to a process sufficient to prevent the production of bacterial toxins or the survival of spore-forming pathogenic bacteria.

Frozen food to be kept frozen

28. Food that is intended to be distributed, maintained, stored, transported, displayed, sold or offered for sale in a frozen state shall be kept in a frozen state until sold or prepared for use.

Food processing records

29. (1) Any food that is liable under law to inspection by the Government of Canada or Ontario, or by an agency of either, in a food premise must be obtained from a source that is subject to inspection by that entity unless otherwise permitted under this Regulation.

(2) Every operator of a food premise shall ensure that records of the purchase of food for use in the premise are retained on the premise at least until the first anniversary of the purchase date.

Potentially hazardous food storage

30. The equipment used for refrigeration or hot-holding of potentially hazardous foods must,

- (a) be of sufficient size to store any potentially hazardous food and maintain it at the applicable temperature set out in section 27; and
- (b) contain accurate indicating thermometers that may be easily read.

Other food storage

31. Racks, shelves or pallets that are used to store food in a food premise must be designed to protect the food from contamination and must be readily cleanable.

Food handler training

32. Every operator of a food service premise shall ensure that there is at least one food handler or supervisor on the premise who has completed food handler training during every hour in which the premise is operating.

Food handlers

- 33.** (1) Every operator of a food premise shall ensure that every food handler in the food premise shall,
- (a) not use tobacco while engaged as a food handler;
 - (b) be clean and practise good personal hygiene;
 - (c) wear clean outer garments;
 - (d) take reasonable precautions to ensure that food is not contaminated by hair;
 - (e) wash hands as often as necessary to prevent the contamination of food or food areas;
 - (f) be free from any infectious agent of a disease that may be spread through the medium of food;
 - (g) submit to such medical examinations and tests as are required by the medical officer of health to confirm the absence of an infectious agent mentioned in clause (f); and
 - (h) refrain from any other conduct that could result in the contamination of food or food areas.
- (2) A person who has a skin disease shall not perform any work that brings him or her into contact with food unless he or she has obtained the approval of the medical officer of health in writing before performing the work.

PART VII COMMODITIES

MEAT AND MEAT PRODUCTS

Manufactured meat products safety procedures

34. (1) Every operator of a food premise at which manufactured meat products are manufactured must develop written food safety procedures relating to manufactured meat products designed to ensure that no health hazards arise in relation to their use.

(2) The written procedures referred to in subsection (1) must be approved by a medical officer of health or a public health inspector.

(3) Subsection (2) does not apply if the food premise is a meat plant licensed under Ontario Regulation 31/05 (Meat) made under the *Food Safety and Quality Act, 2001*.

(4) The operator referred to in subsection (1) shall ensure that the procedures are followed in the food premise.

Consumption of manufactured meat products

35. In a food premise, manufactured meat products shall be subjected to a process sufficient to destroy pathogenic bacteria, parasites, the cystic forms of parasites and any other forms of contamination that would render the products unsafe to eat.

Manufactured meat product records

36. (1) Every operator of a food premise in which meat products are manufactured shall ensure that records for manufactured meat products are created and retained on the premise at least until the first anniversary of the date on which they were made.

(2) The records referred to in subsection (1) shall include the kinds of meat products manufactured, the names and addresses of suppliers that supplied products used in the manufacturing, the weight of the meat products and the dates of receipt of products used in the manufacturing.

Manufactured meat product identifiers

37. (1) Every manufactured meat product that is transported, handled, distributed, displayed, stored, sold or offered for sale at a food premise shall be identified as to the meat processing plant of origin by a tag, stamp or label affixed to the product.

(2) Subsection (1) does not apply to a manufactured meat product stored, sold or offered for sale in a retail outlet at the plant of origin.

Meat permitted at food premise

38. (1) The only meat permitted at a food premise is meat that has been obtained from an animal inspected and approved for use as food in accordance with either Ontario Regulation 31/05 (Meat) made under the *Food Safety and Quality Act, 2001* or the regulations made under the *Meat Inspection Act* (Canada) and that has been stamped and labelled or otherwise identified in accordance with that regulation or that Act.

(2) Despite subsection (1), a food premise where meat is sold, other than a food service premise, may have the meat of game animals obtained through hunting on the premises for the purposes of custom-cutting, wrapping and freezing it for its owner if,

- (a) the meat is custom-cut, wrapped, frozen and stored in such a manner that it does not come into contact with inspected meat;
- (b) each quarter or larger section of the carcass bears a tag showing the name and address of the owner of the meat; and
- (c) each quarter or larger section of the carcass is legibly labelled “Consumer Owned, Not for Sale” or “Consumer Owned, Not for Sale/Propriété du consommateur — non destiné à la vente” on each of the primal cut areas, using ink made from non-toxic edible ingredients and in letters at least 1.25 centimetres in height.

(3) Despite subsection (1), a food premise in a meat plant licensed under Ontario Regulation 31/05 (Meat) made under the *Food Safety and Quality Act, 2001* may have uninspected meat on the premises if,

- (a) an approval has been issued under Part VIII.2 of that regulation for the uninspected meat to enter a meat plant;
- (b) a director has approved the food premise under Part VIII.3 of that regulation for the purposes of receiving the uninspected meat for the period of time that the meat is present on the premise; or
- (c) the premise has been approved under Part VIII.4 of that regulation for the purposes of receiving and processing hunted game carcasses.

(4) The operator of a food premise that has uninspected meat on the premises shall ensure that,

- (a) the uninspected meat is kept out of any part of the food premise where food is sold, served or offered for sale; and
- (b) the uninspected meat is not sold or offered for sale.

(5) Despite subsection (1), a food premise located at the Sioux Lookout Meno-Ya-Win Health Centre may have hunted game meat from wild moose, wild duck, wild goose, wild caribou, wild muskrat, wild rabbit, wild deer, wild beaver, wild elk or wild muskox on the premises if the bird or animal was killed in the course of hunting and if the following conditions are met:

1. The meat is handled, prepared, processed and stored for the sole purpose of serving it to patients, visitors and staff at the Health Centre.
2. The meat is handled, prepared, processed and stored so that it does not come into contact with other food before the other food is served.
3. Patients, visitors and staff at the Health Centre are informed in writing each time before they are served the meat that it has not been inspected in accordance with either Ontario Regulation 31/05 (Meat) made under the *Food Safety and Quality Act, 2001* or the regulations made under the *Meat Inspection Act* (Canada), and that meat that has been inspected is available for consumption.
4. Patients, visitors and staff at the Health Centre are informed in writing that meat that has been inspected in accordance with either Ontario Regulation 31/05 (Meat) made under the *Food Safety and Quality Act, 2001* or the regulations made under the *Meat Inspection Act* (Canada) is always available to be served on the premises.

(6) Despite subsection (1), a food premise may have game animal meat obtained through hunting on the premises that is handled, prepared and stored for the purpose of serving it at a wild game dinner or a wild game event if the following conditions are met:

1. The meat is handled, prepared and stored so that it does not come into contact with other food before the other food is served.

2. Patrons and staff are notified in writing each time before they are served the meat that it has not been inspected in accordance with either Ontario Regulation 31/05 (Meat) made under the *Food Safety and Quality Act, 2001* or the regulations made under the *Meat Inspection Act* (Canada). The notice must be posted in a conspicuous place at the entrance to the venue at which the wild game dinner or wild game event is held.
3. The operator must keep a list of all patrons who attend the wild game dinner or wild game event and must provide a copy of the list to a public health inspector upon request. The list must contain each patron's name, address and telephone number, in full.
4. The operator must keep a list of all persons who donate hunted game animal meat for a wild game dinner or wild game event and must provide a copy of the list to a public health inspector upon request. The list must contain,
 - i. each donor's name, address and telephone number, in full, and
 - ii. with respect to each donor, the name of the species from which the donated meat was obtained.

(7) In subsection (6),

“wild game dinner” means a dinner provided under the authority of an authorization granted under clause 52 (3) (a) of the *Fish and Wildlife Conservation Act, 1997*; (“dîner avec gibier sauvage au menu”)

“wild game event” means an event at which game wildlife may be served in accordance with section 135.1 of Ontario Regulation 665/98 (Hunting) made under the *Fish and Wildlife Conservation Act, 1997*. (“événement avec gibier sauvage au menu”)

(8) Utensils, equipment and food contact surfaces that have been in contact with uninspected meat shall be cleaned and sanitized in accordance with Part IV before being used in connection with any other food.

MILK AND MILK PRODUCTS

Pasteurization and sterilization

39. (1) Milk products with less than 10 per cent milk fat shall be pasteurized, or made from milk that has been pasteurized, by,

- (a) heating to a temperature of at least 63° Celsius and holding it at that temperature for not less than 30 minutes if a batch pasteurization system is used;
- (b) heating to a temperature of at least 72° Celsius and holding it at that temperature for not less than 15 seconds in a high temperature short time pasteurizer; or
- (c) heating to another temperature and holding it at that temperature for a period of time, if the process will result in the destruction of pathogenic organisms and phosphatase that is at least equivalent to the processes set out in clauses (a) and (b).

(2) Milk products with 10 per cent milk fat or more shall be pasteurized, or made from milk that has been pasteurized, by,

- (a) heating to a temperature of at least 66° Celsius and holding it at that temperature for not less than 30 minutes if a batch pasteurization system is used; or
- (b) heating to a temperature of at least 75° Celsius and holding it at that temperature for not less than 15 seconds in a high temperature short time pasteurizer.

(3) Milk products shall be commercially sterilized by heating the milk product to a temperature of at least 135° Celsius and holding it at that temperature for not less than two seconds, or to such other temperature for such period of time as will result in sterilization.

Cooling after pasteurization

40. (1) Milk products shall be cooled immediately after pasteurization to a temperature of at least 4° Celsius or less.

- (2) Subsection (1) does not apply to a milk product that,
 - (a) is to be further processed prior to packaging, then cooled to 4° Celsius, or less;
 - (b) has been commercially sterilized and is to be or is aseptically packaged; or
 - (c) is processed by drying.

Pasteurizers

41. (1) Every pasteurizer used to pasteurize milk products in a food premise shall be equipped with indicating and recording thermometers that are accurate and may be easily read.

(2) Every high temperature short time pasteurizer used to pasteurize milk products in a food premise shall be equipped with a properly functioning flow diversion valve.

(3) Recording thermometers shall be moisture-proof and easily read.

(4) The temperature of a milk product in a pasteurizer at any time shall be taken as the temperature shown on the indicating thermometer and not the temperature shown by the recording thermometer.

(5) The temperature shown by the recording thermometer shall be checked daily by the operator against the temperature shown by the indicating thermometer and shall be adjusted to read no higher than the temperature shown by the indicating thermometer.

Pasteurization recording device

42. (1) A pasteurization recording device shall be used in the pasteurization of milk products and shall record the following information:

1. The name of the operation and the date of the operation.
2. The number of the pasteurizer, if more than one is in use, to which the recording device is attached.
3. The temperature of the indicating thermometer at some time corresponding with a marked point in the holding period.
4. The name of the milk product being pasteurized.

(2) An operator of a pasteurizer shall create a record of the information listed in subsection (1) during the pasteurization of any milk products and sign it.

(3) The record referred to in subsection (2) must be retained for at least one year after it was made or, for milk and milk products with a shelf life greater than one year, until that shelf life has expired.

(4) The operator shall provide the records referred to in subsection (2) to a public health inspector or medical officer of health on request.

Cheese from unpasteurized milk

43. Subsection 18 (2) of the Act does not apply to cheese made from unpasteurized milk if the cheese has been subjected to conditions of storage that are sufficient to destroy pathogenic bacteria and toxins and any other forms of contamination that would render the cheese unsafe to eat.

Sanitization

44. Equipment for pasteurization, sterilization and subsequent handling of milk and milk products shall be cleaned and sanitized immediately prior to use.

Milk containers

45. Sterilized fluid milk products shall be sold in or from containers that bear the words “STERILIZED” or “STERILE” and “REFRIGERATE AFTER OPENING”.

Repackaging of milk products

46. (1) A food premise that repackages milk products not produced in that food premise shall identify the original processor, packing date and batch number on the containers of repackaged milk products.

(2) Despite subsection (1), the operator of the food premise may show the following information on the containers of repackaged milk products if the operator maintains records that identify their original processor, packing date and batch number:

1. The operator’s name and address or code marking.
2. The operator’s “Best Before” or repackaging date.

(3) The records referred to in subsection (2) must be retained on the food premise until at least the first anniversary of the date on which the milk product was repackaged.

(4) This section does not authorize the repackaging of fluid milk products.

EGGS

Grade C eggs

47. (1) No operator of a food premise shall store, handle, serve, process, prepare, display, distribute, transport, sell or offer for sale ungraded or Grade “C” eggs.

(2) Despite subsection (1), the operator of a registered egg station may store and handle ungraded eggs for the purpose of grading and may sell, offer to sell and transport Grade “C” eggs to a registered processed egg station.

(3) Subsection (1) does not apply to eggs from animals other than the domestic hen if,

(a) the eggs are in clean condition, with no visible cracks, at the time they enter the food premise; and

(b) the eggs are transported and stored at a cold-holding temperature of 4° Celsius, or less.

PART VIII (OMITTED)

48. OMITTED (REVOKES OTHER REGULATION).

49. OMITTED (PROVIDES FOR COMING INTO FORCE OF PROVISIONS OF THIS REGULATION).

PEANUT ALLERGIES

Camp Cooks

Background

Peanut allergy is the most common life-threatening food allergy in children. It is often lifelong. Occasionally it may be outgrown. Children with peanut allergy often cannot stand the smell of peanut butter, may refuse to touch it, and do not want to stay around when peanut butter is being eaten. This type of violent rejection of peanut butter may be the first sign that a child is peanut allergic even if they have never eaten it. Sometimes these children get hives or rash where peanut butter touches the face or skin. If a peanut allergic child touches peanut butter and then rubs the eyes, the eyes may become very swollen and puffy. In the U.S., 8 lb. (3 1/2 kg) of peanuts are consumed per person per year, half as peanut butter, one-third as peanuts, and the rest as peanut oil.

Does a food have to be eaten to cause a reaction?

A food does not have to be eaten to cause an allergic reaction but eating it does cause greater amounts to get into the body and usually causes the most severe reactions. Hives can occur on skin contact with an allergic food. If the food goes into the wet surfaces, e.g. through a cut in skin, or at the lips (e.g. being kissed by someone who has eaten peanut butter), or in the eye, severe reactions can occur.

Why is peanut allergy so dangerous?

Even very small amounts can cause serious reactions. It may be found as a hidden, unlabelled part of a food sometimes because of accidental cross-contamination during manufacturing. Allergic reactions are often caused by eating unlabelled foods, by not checking food labels properly for presence of peanut, or from foods which contain hidden unlabelled peanut. Peanut may be used in many of the foods that children like and often eat. The most common types of food causing allergic reactions due to peanut are chocolates, cookies, candies, cakes with peanut-containing icing, and granola bars. Special occasions such as Easter, Halloween, Christmas and birthday parties are more dangerous for children with peanut allergy because there is more likely to be peanut-containing foods eaten, and because it is more difficult to supervise children properly then. At school, allergic reactions to peanut can happen when peanut butter is used for school projects, e.g. bird seed balls, or when other children eat peanut products and share with the allergic child, or the allergic child accidentally comes into contact with

peanut on another child's hands, mouth, toys, desk or any other area where peanut butter traces are left.

Examples of How Accidents With Foods Can Happen

1. Eating unlabelled foods.*

* All statements followed by an asterisk are examples which have caused death.

Accidental contamination of other foods, e.g. jam, butter, or of eating utensils, food trays, tables and toys. A common problem is jam contaminated with peanut butter by using the same knife.* Remember that even if a peanut allergic child is not offered peanut butter, eating jam at home where there is peanut butter may not be safe. Packing peanut butter sandwiches with other foods.*

3. Unpackaged foods, e.g. a cookie jar may contain traces of nuts from previous nut containing cookies. Another cookie taken from that jar may contain traces of nuts on it. Bulk foods, and buffet meals may also be dangerous because of cross contamination. Free cookies at stores.

4. Contamination during preparation e.g. a cutting board used to cut 2 foods e.g. chicken and fish and the chicken served to a fish allergic person or the same board or knife to slice or grind nuts. Using the same oil to fry different foods, or the same batter for different foods, or the same frying utensils for different foods without washing in between can all cause cross-contamination. Grinding specialty nut flavored coffees in a coffee grinder. Baking muffins with and without nuts if leftover batter is used for other muffins or if baking pans are not properly cleaned.

5. Contamination during serving e.g. sauces mixed by spillage; the same scoop used to take scoops of different ice creams some of which may contain nuts; a knife used to cut a nut containing dessert and then used to cut another dessert.

6. Relying on someone who does not know but who tells you the food is safe, e.g. another child, or someone who did not prepare the food, e.g. a counsellor, leader, camp director, camp nurse.

7. Trying a food to see if you are "still allergic" especially with an anaphylactic allergy.

8. Testing a food carefully to see if it is safe or not is dangerous.*

9. A change in the way a usual food is made, e.g. a change in the ingredient list without any obvious change on looking at the container, or a new cook or assistant cook may change the recipe and add a "secret ingredient."*

10. Candy machines may have different foods at different times and candies may be contaminated with traces of nuts if there were nuts in the dispensing machine before.

11. Be aware of unusual sources of allergenic foods. See list of "What may contain peanut."

12. Non-food sources of peanut, e.g. homemade playdough, scented crayons, cosmetics or fishing lures with peanut, peanut shell stuffing in bean bags, draft stoppers, and stuffed toys, peanut in animal food, e.g. hamster, gerbil and bird food granules, e.g. lovebirds.

* These incidents have resulted in deaths.

Should vegetable oil be avoided?

No. Peanut oil must be declared if it is present.

Does peanut have to be declared on a label?

Generally, yes. Unfortunately there are exceptions. "Flavour, natural flavour, spice, seasoning curry" are terms used on labels which may occasionally contain peanut but do not have to be declared. This is more likely to be found in imported foods especially from countries which use peanut as a flavouring agent. Peanut oil however must be declared without exceptions.

What about hydrolysed vegetable protein?

Hydrolysed vegetable protein or hydrolysed plant protein is usually made from soya, wheat or corn, and are added to foods to improve flavour and texture. It is rare to have hydrolysed vegetable protein made from peanut. However if it is made from peanut, it does not have to be labelled as peanut but merely say hydrolysed vegetable or plant protein. Therefore while quite unlikely, the possibility of peanut being present is there. Hydrolysed peanut protein is cheaper in other parts of the world and therefore imported foods containing hydrolysed vegetable protein has a higher chance of having peanut protein. If in doubt, check with the manufacturer.

The allergic march

Three-quarters of children with food allergies and eczema develop asthma and environmental allergies. This is called the 'allergic march.' First eczema beginning at age 6 weeks - 3 months, then food allergies, then asthma usually before age 5 years, then environmental allergies. The most common food allergies in young children are milk, eggs and peanut.

What foods or activities may use peanut?

Peanut butter may be used as a "glue" to hold foods together, e.g. egg rolls, rice squares. Peanut butter or peanut flour may be added to barbecue sauce or other foods, e.g. chili, mooshu sauce, plum sauce, marinades, curry sauce, pasta sauce and satay sauce to flavour or thicken them. Some bird seed and animal food, e.g. gerbil food and dog biscuits may contain peanut and some people have reacted to playing with animals who have been fed peanut-containing food, e.g. chichillas and gerbils, presumably because traces of peanut are on the hair of the animals. Peanut may contaminate food manufactured on the same machines as similar foods without peanut, e.g. cookies, breakfast cereals, cheese and crackers, chocolates, chocolate candies, raisin covered chocolates, ice cream.

What about "may contain nuts"?

Companies are allowed to use "may contain nuts" if they cannot guarantee that a food they are producing is free of nuts, usually because nuts are being used in the same machines for other foods. A company that makes similar foods with and without nuts, may have difficulty cleaning the machines in between making the different foods, or packages may be mislabelled. These food manufacturing machines were designed many years ago, and were never designed to be taken apart and cleaned properly. In addition, some of these machines cannot be cleaned with water. Therefore it is quite likely that when a food with nuts is put through the machine, traces of nuts remain on the

machine. The first batches of foods made without nuts that go through the same machine will likely contain traces of nuts. Batches of foods done much later are less likely to contain traces of nuts but you cannot be sure which batch of food you are eating. Therefore they should be avoided. This cross-contamination is most likely to occur with cookies, candies, cereal, chocolate, ice cream, dried soups, and nut butters.

Should a nut-allergic child avoid other nuts?

You do not have to avoid other nuts if you are only allergic to peanuts. However young children often avoid tree nuts if they are allergic to peanut because they cannot distinguish between different nuts properly, and also they are still at a higher risk of developing a tree nut allergy. 'Nu-Nuts' and 'Mandelona nuts' are peanuts which are defatted and re-flavoured to resemble tree nuts and these need to be avoided. Styrofoam peanuts do not contain peanut.

What about seeds, tropical oils, exotic nuts?

Foods such as water chestnut, pinenut (pignolia or pinyon nuts), coconut, nutmeg, do not need to be avoided by peanut allergic people unless they are also allergic to these foods. However allergies to these foods are uncommon. Palm oil and tropical oils do not need to be avoided. Seeds, e.g. sesame, sunflower, poppy, mustard, safflower, canola do not need to be avoided unless you are allergic to these as well.

What foods are more likely to contain undeclared nuts?

Chocolate and mint ice cream are most likely to contain undeclared nuts since leftover ice cream can be added to these without changing the flavour. European chocolates are allowed to be made with leftover chocolate which may contain nuts and may not be declared.

Should I avoid other legumes, e.g. peas, beans or soya?

No, not unless you are actually allergic to them as well. Even though the skin test is positive, if you have been able to tolerate peas, beans and other legumes before, they may be continued, unless you begin to react when you eat them. In addition to peanut, legumes include peas, beans, soya, chick peas (garbanzo beans), lentils, split peas, lupin seeds, dahl, tamarind, licorice, carob, soy sprouts, bean sprouts, cassia, alfalfa, fenugreek, tragacanth, acacia and senna. Most peanut allergic people can eat other legumes even if they have a positive skin test to these other legumes. Because peanuts are related to peas, beans and other legumes, these other legumes may show a mild positive skin test in a peanut allergic person but that person can still eat them. However, a positive skin test to one of these legumes means that the peanut allergic person does have some chance of developing an allergy to the legume later although if an allergy does develop, it is usually mild. In these cases, the allergy may cause only itchy mouth or throat. The legumes most likely to cause allergic reactions in peanut allergic people are dried mature legumes, e.g. dried peas and dried beans, whereas green peas and green beans are often tolerated. Soy is very unlikely to cause an allergy in peanut allergic people.

Is peanut oil safe?

Pure refined peanut oil, if properly processed, should contain no peanut protein and therefore should not cause allergic reactions in peanut allergic people. Refining peanut oil requires a high degree of heating which destroys the peanut protein. Most peanut allergic people avoid peanut oil because of the slight risk that the processing of peanut oil was not done properly and that there may be traces of peanut protein. Nevertheless, if a peanut allergic person accidentally eats a food with refined peanut oil, the chances of having an allergic reaction are extremely low because even if there is peanut protein in there, it will likely be in very small amounts. However, peanut and nut oils are also available unrefined. They may also be called cold-pressed, unprocessed, expelled or extruded oils. These unrefined oils may have nut proteins and may cause allergic reactions. However, these unrefined oils are not usually used commercially but are usually found only in specialty food shops and used for specialty ethnic cooking.