



While it is important to feed the hungry, it is equally important to make sure that food distributed to the hungry is safe to eat. Follow this guide if you are donating food or receiving donated food.

Remember that everyone handling food should maintain a high standard of personal hygiene and cleanliness.

## When in doubt throw it out!

### Donor:

- Avoid donating:
  - o Food that is close to its “best before” date or past its “expiry date.”
  - o Perishable foods such as meat, seafood, eggs, and dairy products, or foods that contain any of these ingredients in prepared food such as sandwiches, quiches and prepared salads, that have been left in the temperature “Danger Zone” between 4°C (40°F) and 60°C (140°F) for more than 2 hours.
- Where possible, keep perishable foods out of the temperature “Danger Zone” between 4°C (40°F) and 60°C (140°F) while being transported.
- Ensure food is collected and delivered in the shortest period of time.
- Store food, which is to be donated, in clean, covered, food-grade containers.

### Receiver:

- Do not accept:
  - o Perishable foods (food that is likely to rot, spoil, or go bad; e.g. meat, seafood, dairy products) left in the temperature “Danger Zone”, which is between 4°C (40°F) and 60°C (140°C), for more than 2 hours.
  - o Canned foods that are homemade, dented, rusted, or bulging, missing their label, or past the expiry date.
  - o Non-perishable foods (foods that do not require refrigeration; e.g. canned and dry foods) whose packaging is not intact due to rips, tears, punctures or holes, spills or stains, or insect or rodent damage.
  - o Jars or bottles with broken seals, loose caps, cracks, chips, or bulging safety seals.
  - o Foods damaged by flood, fire, smoke etc.

For further information please contact your regional Environmental Health Officer.

### Iqaluit and Baffin Region

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### Kivalliq Region

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