

Food Premise Regulation 562

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Ontario Acts and Regulations

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QUESTIONS about...

- Regulation 562
- Food Safety, or
- Food Handler training in your area?

Contact a Public Health
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PREVENTING FOODBORNE ILLNESS Ontario Food Premise Regulation 562

The Ontario Food Premise Regulation 562 applies to all food service premises in Ontario where “meals or portions of meals are prepared for immediate consumption or sold or served in a form that will permit immediate consumption on the premises or elsewhere.” The purpose of Regulation 562 is to protect the health of the public from the risks of foodborne illness. It sets the minimum standards that must be achieved.

Food service premises, as defined in the regulation include the following:

- Institutional kitchens like hospitals and long-term care facilities
- Restaurants
- Caterers
- Community meal programs
- School kitchens, cafeterias and school meal programs
- Daycares and nurseries
- Cafeterias
- Concessions
- Special occasion functions

Who enforces Regulation 562?

Public Health Inspectors from the Northwestern Health Unit are responsible for enforcing Regulation 562 in the Kenora and Rainy River Districts under the authority of the Health Protection and Promotion Act (HPPA). They do this by inspecting food premises, especially those where hazardous foods* are served. They are empowered to issue tickets and Orders if necessary, but prefer to provide education and work cooperatively with operators of food premises to help them comply with the Regulation.

*NOTE: Hazardous foods are those able to support the growth of disease-causing organisms or the production of toxins (meat, cheese, eggs, milk products). Cereals and most fruits and vegetables are considered to be non-hazardous.

HIGHLIGHTS of REGULATION 562

FOOD TEMPERATURES

- All hazardous foods must be maintained at an internal temperature of 4° C (40° F) or less.
- All hot hazardous foods must be cooked to an internal temperature of 74°C (165°F) or higher prior to serving.
- Probe thermometers are required for testing the internal temperature of foods.
- Indicator thermometers are required for all refrigeration or freezer units containing hazardous foods.

THE DANGER ZONE (4°C - 60°C)

Keep perishable food out of The Danger Zone. Food left in The Danger Zone for more than 2 hours MUST BE THROWN OUT.

HANDWASHING and PERSONAL HYGIENE

- A handwashing basin (used solely for the purpose of handwashing) must be provided in the food preparation area. It must be equipped with hot and cold potable running water, liquid hand soap and paper towels.
- All food handlers must follow good hygiene practices including:
 - Proper handwashing before handling food and after handling raw foods, after using the washroom and after sneezing or coughing.
 - Not eating or smoking while engaged in food handling.
 - Confining hair while engaged in food preparation.
 - Wearing clean outer garments (aprons).

FACILITIES

- All food premises shall be maintained in a clean and sanitary condition.
- Garbage receptacles in the food preparation area shall be emptied daily or as often as necessary and sanitized after each use.
- The presence of pests and rodents must be prevented.
- Sanitary facilities shall be equipped with toilet paper, hot and cold running water, soap in a dispenser, garbage receptacle and single use towels or a hot air dryer.

FOOD SOURCES

- All food products must be obtained from an approved source. For example, all eggs must be graded, meats must be government-inspected, and fish must be obtained from a Canadian Food Inspection Agency-approved fish processing plant.

STORAGE OF FOOD, CHEMICALS AND EQUIPMENT

- All food must be protected against contamination or adulteration using clean, corrosion-resistant, non-toxic wraps, containers or coverings.
- Store all food products a minimum of 15 cm off the floor in a compartment or room that is separate from any chemicals or cleaning agents.
- Ensure all utensils are stored in a manner that prevents contamination.

CLEANING and SANITIZING

- All food preparation surfaces must be cleaned and sanitized prior to food preparation.
- All dishes, eating utensils, pots and pans and other kitchen items that touch food must be washed and sanitized in a mechanical dishwasher or manually using a two or three compartment sink.
- Cloths used for washing dishes or sanitizing tables and food preparation surfaces shall be clean and used for no other purpose.

SANITIZING SOLUTION

Chlorine, quaternary ammonium and iodine are acceptable sanitizers. Concentrations and length of immersion times vary depending on the sanitizing agent and the job to be done.

SPECIAL OCCASIONS

- Food concessions at events where food is served to the public such as fairs, carnivals, festivals, and other community events, must meet food safety guidelines.
- Approval for a Special Occasions Food Permit must be obtained from the Northwestern Health Unit 30 days prior to the event.