



**Alberta Health
Services**

Food Donation – Health Perspective

Dale Nelson, BSc.Ag,CPHI(C)
Coordinator, Safe Food Program
AHS – Calgary Zone

Overriding Principles

- Safe food
- Recipients of donated food have the same right to safe food and the same protection under the regulations
- Regulations do not differentiate between giving food and selling food
- Marginalized populations may be more at risk from unsafe food

Approved Source / Destination

- Approved = facility that meets requirements and is monitored by a government agency (licensed/permitted/registered)
- Some types of donated food should only come from approved facilities.
- Facilities receiving and redistributing donated foods should be approved.

Type of Food

- Packaged low risk
 - Food in it's original, unopened packaging
 - Does not require refrigeration (low risk)
 - Example: canned goods, dry goods (cereal, noodles)
 - Can be donated from any source

Type of Food

- Produce (unprocessed)
 - Whole fruits and vegetables
 - No further processing (cutting, peeling)
 - Good condition
 - Can be donated from any source

Types of Food

- High risk foods
 - Foods that require temperature control (ie. refrigeration)
 - Support the growth of pathogenic microorganisms
 - Examples: meat, eggs, dairy, cooked rice/noodles
 - Should be donated from approved facilities only

Types of Food

- Open or processed foods
 - Original packaging has been opened
 - Food has been processed/prepared by donor
 - Examples: partially used packaged products, casserole, home made soup, sandwiches
 - Should only be donated by approved facilities

Types of Foods

- Unacceptable foods
 - Foods served to patrons (ie leftovers)
 - Foods left over from self serve buffets
 - Spoiled foods
 - Home prepared foods
 - High risk foods that have not been temperature controlled
 - Pest infested or chemically contaminated foods
 - Foods prepared from unwholesome ingredients

Donating prepared high risk foods

- To and from approved facility only
- Protected from contamination
- Maintain temperature control (hot or cold)
- Transportation – maintain the previous two points
- Ensure receiving agency is able to receive the food safely
 - agency should have the facilities to accept and maintain hot or cold, freeze, or be prepared to serve immediately

Best Before and Expiry

- Tricky topic
- Canned infant formula is a true expiry date
- Others – date after which the manufacturer cannot assure optimal quality
- General guideline
 - High risk foods: don't use after BB date
 - Low risk foods: BB date refers to quality and nutritional info, use best judgment
- CFIA

Questions

