

Safe Food Handling Certification Training

The Lower Sioux Indian Community, in partnership with the Bemidji Area Office of Indian Health Service will be providing a free training for Lower Sioux Indian Community members to become certified in safe food handling. **This is a requirement to meet the food handling code** for the Powwow food stands and other events where food handling and storage takes place. This class allows the opportunity to ask questions and get answers.

Course Objectives:

- Identify food-borne illness and its causes
- Promote proper personal hygiene practices while working in food handler capacity, including:
 - Proper handwashing
 - Symptoms on diseases that exclude a food handler from working within a food establishment
 - Bare hand contact and ready-to-eat foods
- Minimize/prevent cross-contamination within a food establishment, including:
 - The definition of cross-contamination and how to prevent it
 - Cleaning and sanitizing food and non-food contact surfaces
 - Physical, chemical and biological hazards in foods
- Food handler utilizes food safety through:
 - Temperature control
 - Proper use of thermometers
 - Food safety tips



Course Dates: Tuesday, May 9 1:30-3:30pm

Wednesday, May 10 5-7pm

Questions Time: Tuesday, May 9 3:30-4:00pm

Location: Lower Sioux Community Center in the Lower Conference Room

Instructor: Shelby Forberg, RS/REHS - IHS Field Sanitarian

Registration: Please call Lower Sioux Health Care Center to register at 697-8600. Class sizes are limited.

See reverse for a comparison of online and live course options.



There are two options to complete the required training. There is the live course and there is also an online option for Lower Sioux Indian Community members by going to:

<https://www.ihs.gov/foodhandler/>

Course Comparison

Criteria	Online Course	Live Course
Food handler certificate acceptance	Lower Sioux Indian Community. Other tribes may or may not accept the online certificate.	All tribal lands in MN, MI and WI surveyed by IHS
Certificate valid time frame	1 year	2 years
Opportunity to plan and ask questions	No	Yes
Opportunity to problem-solve to assure criteria is met without spending a lot of money	No	Yes
Learning in a group setting	No	Yes