

Food Safety at Home



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Did you know, safe food handling and cooking practices at home can help prevent foodborne illness? Join our English conversation circle about food safety led by **Elaine Anderson**, Language Assessor at ISGW. These monthly sessions will take place online, using Zoom.

During these sessions, we will talk about:

- The importance of food safety at home
- Safe food storage
- Safe cooking temperatures
- How to read “best before” date labels and food packaging
- What are food allergies?
- Packing safe and healthy school snacks and lunches

Thursdays - January 25, February 29
2:00pm - 3:00pm

Please register here: <https://is-gw.ca/series/food-safety-at-home/>

For more information contact **Yasmin** at 519-836-2222, ext. 230 or yholoubi@is-gw.ca

Join us!

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