Serving Raw or Lightly Cooked Meat, Seafood and Egg Products

Raw (uncooked) or lightly cooked foods from animals may contain harmful germs, like E. coli or Salmonella that could make your customers sick with foodborne illness (i.e. food poisoning). These foods include:

- meat, such as beef, lamb and pork

- poultry

- eggs

- shellfish

Cooking these foods well done ensures that the harmful germs are killed and that foods are safe to eat.

Recipes may call for these foods to be served raw or lightly cooked, or customers may request that these foods are served raw or lightly cooked. Examples of menu items include:

- sashimi and raw oysters

- sauces containing raw eggs, like hollandaise sauce

Foods That Can't Be Served Raw or Lightly Cooked

Some foods and menu items cannot be served raw or lightly cooked as customers are too much at risk of food poisoning from harmful germs, including:

- ground meat, unless ground onsite from whole muscle meat in a sanitary method approved by Environmental Public Health.

- donairs or shawarma

Information about preparing donairs and shawarma safely is available at www.albertahealthservices.ca/8302.asp under **Food Facilities**.

- chicken or turkey

- unpasteurized Milk

- other foods that Environmental Public Health deems an unacceptable risk to your customers based on available information

Foods That May Be Served Raw or Lightly Cooked

There are many animal protein foods that may be served raw or lightly cooked. If you serve these foods or menu items, you should tell your customers of the increased risk of food poisoning from eating these foods.

Alberta Health Services

You can inform your customers of the risks through disclosures and warnings that could be written in your menu or displayed on signs.

Disclosures and Warnings

You can inform your customers of the risks of raw or lightly cooked foods through disclosures and warnings that could be written in your menu or displayed on signs. These disclosures and warnings will help your customers make informed choices when ordering.

Disclosures are descriptions that identify the food as undercooked. For example:

- raw oysters
- steak tartare (raw beef)
- Caesar salad (contains raw eggs)

You can also use footnotes to provide the description. For example:

- steak tartare*
- Caesar salad**

The footnotes would say *raw beef and **contains raw eggs.

Disclosures should also include a warning explaining that eating raw or lightly cooked foods of animal origin may increase the risk of foodborne illness. For example:

Eating raw or lightly cooked foods of animal origin may increase your risk of food poisoning.

Contact us at 1-833-476-4743 or submit a request online at ahs.ca/eph.