ᐃᑲᔪᕈᑎ ᐃᓄᑐᖃᓄᑦ

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ᐃᓄᑐᖃᕈᖅᐸᓪᓕᐊᑎᓪᓗᑎᑦ, ᐱᒻᒪᕆᐅᕗᖅ ᐅᔾᔨᖅᓴᑦᑎᐊᕐᓗᑎᑦ ᐊᑦᑕᕐᓇᖅᑐᖃᖁᓇᒍ ᓂᕆᕙᒃᑕᕐᓄᑦ.

ᑲᓇᑕᒥ ᐱᐅᓂᖅᐹᑎᒍᑦ ᓂᕿᓕᕆᓂᕐᒧᑦ ᐱᔾᔪᓯᖃᕋᓗᐊᖅᑎᓪᓗᒋᑦ ᓄᓇᕐᔪᐊᒥ,
ᓱᓕ ᐱᑕᖃᖅᐸᒻᒪᑦ 11 ᑎᑭᓪᓗᒍ 13 ᒥᓕᐊᓐᓄᑦ ᐱᔾᔪᑎᐅᕙᒃᑐᑦ ᓂᕿᓂ ᓱᕈᔪᓐᓇᖅᑐᓕᖕᓂᒃ ᖃᓂᒻᒪᒍᑎᐅᕙᒃᑐᓄᑦ ᑲᓇᑕᓕᒫᒥ ᐊᕐᕌᒍᑕᒫᑦ. ᑕᒪᓐᓇ ᑐᑭᖃᕐᐳᖅ ᖃᓄᐃᖏᑦᑎᐊᖏᓐᓇᖁᓪᓗᑎᑦ ᑐᓐᖓᓂᖃᕐᒪᑦ ᖃᓄᐃᑦᑐᑦ ᓂᕿᓂᒃ ᓂᕆᕙᒻᒪᖔᖅᐱᑦ, ᖃᓄᑎᒋᓗ ᑐᖅᑯᖅᑐᑦᑎᐊᖃᑦᑕᕐᒪᖔᖅᐱᒋᑦ ᓂᕿᒋᔭᑎᑦ, ᖃᓄᑎᒋᓗ ᐅᔾᔨᖅᓴᑦᑎᐊᕐᓗᑎᑦ ᓂᕿᓕᐅᖃᑦᑕᕐᒪᖔᖅᐱᑦ ᓂᕆᓂᐊᖅᑕᕐᓂᒃ.

ᐱᐅᔪᒥᒃ, ᓈᒻᒪᒃᓯᓕᖅᓯᒪᑦᑎᐊᕐᑐᒥᒃ ᓂᕆᖃᑦᑕᕐᓂᖅ ᐱᒻᒪᕆᐅᓘᕗᖅ ᐃᓄᑐᖃᐃᑦ ᖃᓄᐃᖏᑦᑎᐊᖏᒃᑲᓐᓃᓐᓇᕈᓐᓇᖁᓪᓗᒋᑦ. ᑭᓯᐊᓂ ᐃᓐᓇᕈᖅᐸᓪᓕᐊᑐᐃᓐᓇᕐᑎᓪᓗᑎᑦ:

• ᐊᓐᓇᐅᒪᔾᔪᑎᑎᑦ ᓴᓐᖐᓪᓕᕙᓪᓕᐊᓂᕐᓴᐅᕗᑦ, ᐊᒃᓱᕈᓐᓇᕐᓂᕐᓴᐅᓕᖅᑎᑦᑎᓪᓗᓂ
ᐅᓇᑕᕈᑎᐅᒐᔭᖅᑐᑦ ᖃᓂᒻᒪᓯᐅᔪᓄᑦ ᐊᒻᒪᓗ ᖃᓂᒻᒪᒃᓴᕋᐃᓐᓂᕐᓴᕈᑎᐅᕙᒃᐳᑦ ᖁᐱᕐᕈᐊᕐᔪᖃᖅᑎᓪᓗᒋᑦ ᓂᖀᑦ.

• ᐊᕿᐊᕈᐃᑦ ᓴᖅᑮᖏᓐᓂᕐᓴᐅᓕᖃᑦᑕᕐᒪᑦ ᐆᑕᕈᑎᓂᒃ, ᐃᓂᒃᓴᖃᓕᖅᑎᑦᑎᓂᕐᓴᐅᓪᓗᓂ
ᖁᐱᕐᕈᐊᕐᔪᖕᓂᒃ ᐃᓇᓗᐊᕐᓂ.

• ᐊᒻᒪᓗ, ᐃᓐᓇᑐᖃᐅᓂᕐᓴᐅᔪᖅ ᖃᓂᒻᒪᒃᑎᓪᓗᒍ, ᖃᓂᒻᒪᒍᑎᐅᔪᑦ ᐱᓂᕐᓴᐅᕙᒃᐳᑦ
ᐃᓅᔪᓐᓃᕈᑕᐅᔪᓐᓇᕐᒪᑕᓘᓐᓃᑦ.

ᐊᑦᑕᕐᓇᕐᓂᖓ ᐱᒻᒪᕆᐅᓂᕐᓴᐅᔪᓐᓇᕆᕗᖅ ᑎᒥᒃᑯᑦ ᓱᑲᑲᓗᐊᓕᓲᖑᑉᐸᑕ ᑕᕐᑐᓪᓗᒃᐸᑕᓘᓐᓃᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᑳᓐᓱᒧᑦ ᑲᒪᒋᔭᐅᑎᓪᓗᒋᑦ ᐱᐅᓯᖓᒍᑦ. ᐃᓄᑐᖃᐃᑦ ᖃᓂᒻᒪᒃᑎᓪᓗᒋᑦ, ᐊᑯᓂᐅᓂᕐᓴᐅᒐᔪᖃᑦᑕᕆᕗᖅ ᒪᒥᓐᓇᓱᐊᖅᑎᓪᓗᒋᑦ.

ᑲᓇᑕ ᐱᑐᐃᓐᓇᐅᓐᖏᑎᑕᐅᔪᓂᒃ ᒪᓕᒐᖃᕐᐳᖅ ᓂᖀᑦ ᓂᐅᕕᖅᐸᒃᑕᕗᑦ ᓱᕈᔪᒃᓯᒪᔪᖃᖏᒃᑲᓗᐊᕐᒪᖔᑕ ᐊᑦᑕᕐᓇᖏᓪᓗᑎᓪᓗ ᓂᕆᔭᕆᐊᖏᑦ. ᐱᓕᕆᕝᕕᖃᕐᑐᑦ ᓴᖅᑮᕙᒃᑐᑦ ᓂᐅᕐᕈᑎᖃᖅᐸᒃᑐᓪᓘᓐᓃᑦ ᓂᕿᓂᒃ - ᐱᕈᖅᓰᔨᓂᑦ ᓂᕿᓕᕆᔨᐅᕙᒃᑐᓂᓪᓗ ᓂᐅᕕᕐᕕᐊᓗᖕᓄᑦ, ᓂᕆᑐᐃᓐᓇᕆᐊᖃᕐᑐᓂᒃ ᓂᐅᕕᐊᒃᓴᖃᖅᐸᒃᑐᓄᑦ, ᓂᕿᓂᓪᓗ ᐱᓚᒃᑐᕐᕕᐅᔪᓄᑦ, ᓂᕆᔭᖅᑐᕐᕕᖕᓄᓪᓗ - ᑕᒪᒃᑯᓂᖓ ᒪᓕᑦᑎᐊᕆᐊᖃᕐᐳᑦ ᐊᑐᐊᒐᒻᒪᕆᐅᖁᑎᒋᔭᐅᔪᓂᒃ.

ᓂᐅᕕᖅᐸᒃᑎᓪᓗᓯ, ᓂᕿᓂᒃ ᓂᐅᕕᑐᐊᕈᕕᑦ, ᐃᕕᑦ ᑭᖑᓪᓕᐅᓪᓗᑎᑦ ᐊᒃᑐᐊᖓᓕᖅᑎᑦᑎᕙᒃᐳᑎᑦ ᓂᕆᓕᕇᒃᑕᖅᑐᓂᑦ ᑖᒃᑯᐊ ᓴᐳᒻᒥᑦᑎᕙᒃᑐᑦ ᐊᑦᑕᕐᓇᖅᑑᖁᓇᒋᑦ ᓂᖀᑦ ᓂᕆᕙᓪᓕᐊᕙᒃᑕᑎᑦ. ᑖᓐᓇ ᓇᓗᓇᐃᔭᐅᑎ ᐊᒃᑐᐊᖓᓂᖃᖅᑐᓪᓗ ᓂᕿᓄᑦ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕐᕕᒃ ᐃᓕᖕᓄᑦ ᑐᑭᓯᒋᐊᕈᑎᒃᓴᖃᖅᑎᑦᑎᕗᖅ ᓈᒻᒪᒃᑐᓂᒃ ᓂᕿᓂᒃ

ᓂᕈᐊᑦᑎᐊᕈᓐᓇᖁᓪᓗᑎᑦ, ᐊᖏᕐᕋᒦᒃᑲᓗᐊᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓇᒧᓐᖓᐅᑎᓪᓗᑎᑦ, ᖃᓄᕐᓗ ᐱᕙᒌᔭᐅᔭᕈᓐᓇᕐᒪᖔᖅᐱᑦ ᐊᖏᕐᕋᒥ ᑐᖅᑯᑦᑎᐊᕐᓗᒋᓪᓗ.

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ᐊᑦᑕᕐᓇᕐᓂᕐᓴᐅᔪᑦ ᓂᖀᑦ
ᐃᓚᖏᑦ ᓂᖀᑦ ᐊᑦᑕᕐᓇᕐᓂᕐᓴᐅᕗᑦ
ᐃᓄᑐᖃᓄᑦ ᓂᕆᓂᐊᖅᑎᓪᓗᒋᑦ
ᐱᔾᔪᑎᒋᓪᓗᒍ ᓴᓇᔭᐅᓯᒪᓂᖏᓐᓄᑦ
ᐊᒻᒪᓗ ᖃᓄᐃᓕᖓᓂᕆᔭᖏᓐᓄᓪᓗ
ᑐᖅᑯᖅᑕᐅᓯᒪᑎᓪᓗᒋᑦ. ᐅᑯᐊ
ᓂᕆᑦᑕᐃᓕᒪᔭᕆᐊᖃᖅᐸᑎᑦ,
ᐊᑦᑕᕐᓇᖅᑐᒦᑎᑦᑎᓂᕐᓴᐅᒐᔭᕐᒪᑕ
ᖃᓂᒻᒪᒃᑎᑦᑎᓗᑎᒃ ᐃᓕᖕᓄᑦ:

• ᐆᓯᒪᖏᑦᑐᑦ ᑕᓕᐅᔭᖃᕐᑐᑦ ᐃᖃᓗᐃᑦ ᐊᒻᒪᓗ ᓴᐅᓈᓖᑦ ᐃᒪᕐᒥᐅᑕᑦ, ᐃᓚᒋᔭᐅᓪᓗᑎᒃ ᐅᕕᓗᐃᑦ ᐊᔾᔨᒐᓚᖏᑦ ᐅᐃᔅᑐᖑᓂᕋᖅᑕᐅᔪᑦ, ᐊᒻᒨᒪᔪᑦ, ᐅᕕᓗᐃᑦ ᑕᓪᓗᕈᓐᓇᐃᓪᓗ

• ᐆᓇᕐᓯᑎᓯᒪᖏᑦᑐᑦ ᐃᒻᒧᒃᓯᐅᒐᐃᑦ ᓄᕐᕋᐅᔭᐃᓪᓗ ᐃᒻᒧᖏᓐᓂᒃ, ᐅᕝᕙᓘᓐᓃᑦ ᓂᖀᑦ ᓴᓇᔭᐅᓯᒪᔪᑦ ᐆᓇᕐᓯᑎᓯᒪᖏᑦᑐᑦ ᐃᒻᒧᖕᓂᑦ

• ᐊᕿᓐᓂᕐᓴᐃᑦ ᓰᓯᑦ ᓲᕐᓗ ᐅᑯᓂᖓ ᐊᑎᖃᕐᑐᑦ feta, Brie,
Camembert, ᐊᒻᒪᓗ queso blanco fresco

• ᐅᓲᓐᓇᐃᑦ ᐴᖏᓐᓂᓐᖔᑲᐅᑎᒋᓪᓗᑎᒃ

• ᓂᒃᑯᓕᐊᕆᔭᐅᓯᒪᖏᑦᑐᑦ ᓂᕆᑐᐃᓐᓇᕆᐊᖃᓕᖅᓯᑎᓯᒪᔪᑦ

ᓂᖀᑦ, ᓲᕐᓗ ᐸᓘᓇ, ᐃᒻᒧᒃᓯᐅᒐᒥᓐᖔᕐᑐᑦ ᐃᒐᔭᒃᓴᑦ ᐊᒻᒪ ᐊᕿᒡᒋᕐᔪᐊᖅ ᐊᓪᓛᖅ ᑭᓯᐊᓂ ᐆᓇᕐᓯᑎᑕᐅᓯᒪᑦᑎᐊᕐᑐᕕᓂᐅᑉᐸᑕ ᐆᓇᓪᓚᕆᒃᑐᒧᑦ

• ᐆᓯᒪᖏᑦᑐᑦ ᐆᓗᐊᖅᓯᒪᖏᑦᑐᓪᓘᓐᓃᑦ ᒪᓐᓃᑦ ᐅᕝᕙᓗ ᒪᓐᓂᖃᕐᑐᑦ ᓂᕿᓕᐊᕆᓯᒪᔪᑦ, ᐃᓚᒋᔭᐅᓪᓗᑎᒃ ᐱᕈᖅᑐᓄᑦ ᒪᒪᖅᓴᐅᑎᑦ, ᓯᕙᓛᑦ, ᑲᐃᒃᓕᐊᒐᒃᓴᑦ ᐆᓯᒪᓐᖏᑎᓪᓗᒋᑦ, ᖃᔪᓕᐊᕆᓯᒪᔪᑦ, ᐃᒥᒐᒃᓴᐃᓪᓗ ᓲᕐᓗ ᐊᖏᕐᕋᒥ ᓴᓇᔭᐅᓯᒪᔪᑦ ᒪᓐᓂᖃᕐᑐᑦ ᐃᒻᒧᓕᖅᓯᒪᔪᖅ - eggnog

• ᐆᓯᒪᖏᑦᑐᑦ ᓂᖀᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᐃᐸᔪᓪᓘᓐᓃᑦ ᑎᖕᒥᐊᑦ

• ᐆᓯᒪᖏᑦᑐᑦ ᖃᖅᑯᐊᒐᐅᔮᖅᑐᑦ ᐱᕈᖅᑐᑦ ᓲᕐᓗ ᐅᑯᓂᖓ ᐊᑎᖃᖅᑐᑦ alfalfa, clover, radish, ᐊᒻᒪᓗ mung beans

• ᐆᓇᕐᓯᑎᑕᐅᓯᒪᖏᑦᑐᑦ ᓰᕐᓇᖅᑐᑦ ᐃᒥᒐᒃᓴᔭᐃᑦ ᐊᒻᒪᓗ ᓴᓗᒻᒪᖅᓴᕐᓯᒪᖏᑦᑐᑦ ᐃᒥᒐᒃᓴᑦ

ᑎᓴᒪᑦ ᖃᓄᐃᓕᐅᒐᒃᓴᐃᑦ ᓂᕿᓄᑦ

ᐊᑦᑕᕐᓇᖅᑐᖃᖁᓇᒍ ᐊᖏᕐᕋᒥ

ᐅᑯᐊ ᑕᕝᕙ ᑎᓴᒪᑦ ᐱᒐᕐᓂᖅᑐᑦ ᑭᓯᐊᓂ ᐱᒻᒪᕆᐅᓪᓗᑎᒃ ᖃᓄᐃᓕᐅᒐᒃᓴᐅᔪᑦ ᑲᒪᒋᔪᓐᓇᕐᑕᑎᑦ ᐊᑦᑎᒃᑑᓂᕐᓴᐅᖁᓪᓗᒍ ᓂᕿᒥ ᓱᕈᔪᓐᓇᖅᑐᖃᓕᕐᓂᖓᓄᑦ ᖃᓂᒻᒪᒃᑖᕈᑕᐅᔪᓐᓇᕐᑐᖅ ᓂᕿᓕᕆᑎᓪᓗᑎᑦ ᐊᖏᕐᕋᒥ:

1. ᓴᓗᒻᒪᖅᓴᕐᓗᒍ: ᓂᕿᓕᐅᕐᕕᒋᕙᒃᑕᐃᑦ, ᓂᕐᕆᑏᑦ, ᐊᓪᓚᕈᑎᑦ, ᐊᒻᒪ ᐃᕐᕈᑎᑦ ᖁᐱᕐᕈᕋᓛᖃᓕᖅᑎᑦᑕᐃᓕᒪᓗᒋᑦ ᑕᒪᒃᑯᐊ ᖃᓂᒻᒪᒃᑖᕈᑎᖃᓕᖅᑎᑦᑎᔪᓐᓇᕐᑐᑦ. ᓰᕐᓇᖅᑐᑦ ᐱᕈᖅᑐᕕᓃᓪᓗ ᐃᕐᕈᖅᑐᑦᑎᐊᕐᓗᒋᑦ.

2. ᐊᕕᒃᑎᖅᑐᕐᓗᒋᑦ: ᓱᕈᔪᓐᓇᖅᑐᖃᓕᖅᑎᑦᑕᐃᓕᒪᓗᒍ

ᓴᓗᒻᒪᖅᓴᕐᓯᒪᔪᖅ ᓂᕿ, ᓂᕐᕆᑏᑦ, ᑭᐳᐃᓪᓗ ᖄᖏᑦ ᓂᕿᓕᕆᑎᓪᓗᑎᑦ ᑕᒪᒃᑯᐊ ᐊᒃᔭᕐᓯᔪᓐᓇᕐᑐᑦ ᖁᐱᕐᕈᐊᕐᔪᓕᖕᓂᒃ ᓂᕿᓕᐅᕐᕕᒋᔭᕐᐱᑦ ᖄᖓᓂᑦ ᐊᓯᖓᓄᑦ.

3. ᐆᑎᕐᓗᒍ: ᐆᑕᐃᓐᓇᖃᑦᑕᕐᓗᒋᑦ ᓂᕿᑎᑦ ᓈᒻᒪᒃᑐᖅ ᐆᓇᖅᓯᔭᕆᐊᖃᕐᓂᕆᔭᖓᒍᑦ ᖁᐱᕐᕈᐊᕐᔪᐃᑦ ᑐᖁᓴᕐᓂᐊᕐᒪᑕ. ᐆᖏᓐᓇᐅᔭᖃᑦᑕᕐᓗᒋᑦ ᐆᓯᒪᖏᑦᑐᑦ ᓂᖀᑦ, ᑎᖕᒥᐊᑦ, ᐃᖃᓗᐃᑦ, ᐊᒻᒪ ᐃᒪᕐᒥᐅᑕᑦ ᓂᕆᔭᐅᕙᒃᑐᑦ ᐊᑦᑕᕐᓇᖏᑦᑐᑎᒍᑦ ᐃᓗᐊᓂ ᐆᓇᕐᓂᕆᔭᕆᐊᖃᖅᑕᖓᒍᑦ.

4. ᓂᒡᓕᑎᕐᓗᒍ: ᓂᒡᓕᓇᖅᑐᒦᑦᑕᕆᐊᓖᑦ ᓂᕿᑦ ᓂᒡᓕᓇᖅᑐᒦᑏᓐᓇᐅᔭᕐᓗᒋᑦ ᐊᒻᒪᓗ ᐆᓇᖅᑐᑦ
ᐆᓇᐃᓐᓇᖅᑎᓪᓗᒋᑦ ᓂᖀᑦ ᑎᑭᐅᑎᖁᓇᒍ “ᐆᓇᕆᐊᖃᕐᓂᕆᔭᖓᑕ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᕋᔭᕐᓂᖓᓄᑦ” (ᐊᑯᓐᓂᖓᒍᑦ 4°C (40°F) ᐊᒻᒪᓗ 60°C (140°F). ᐃᒡᓘᑉ ᐆᓇᕐᓂᖓᒍᑦ, ᖁᐱᕐᕈᐊᕐᔪᐃᑦ ᓂᕿᒥ ᒪᕐᕈᐊᖅᑎᖅᑐᒥᒃ ᖁᕝᕙᓯᒃᐸᓪᓕᐊᔪᓐᓇᕐᐳᑦ 20 ᒥᓂᑦᔅᑕᒫᑦ.

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᓐᓇᖅᐳᑎᑦ...

ᐊᑦᑕᕐᓇᖏᑦᑐᑎᒍᑦ ᓂᕆᖃᑦᑕᕐᓗᑎᑦ ᓂᕿᓄᑦ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕐᕕᐅᕗᖅ ᓴᖅᑭᑕᐅᓯᒪᔪᖅ ᑲᓇᑕᒥ ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ

ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᔨᒃᑯᓐᓂᑦ, ᐃᑲᔪᖅᓱᖅᑕᐅᓯᒪᓪᓗᑎᒃ ᒪᐃᐳᓪ ᓖᕝ ᓂᕿᓕᕆᔨᓂᑦ, ᐱᓗᐊᖅᑐᒥᒃ ᐃᓄᖕᓄᑦ ᐊᑦᑕᕐᓇᖅᑐᒦᓐᓂᕐᓴᐅᑐᐃᓐᓇᕆᐊᓖᑦ ᓂᕿᓂ
ᓱᕈᔪᓐᓇᖅᑐᖃᓕᕐᓂᖓᓄᑦ ᖃᓂᒻᒪᑖᑐᐃᓐᓇᕆᐊᓕᖕᓄᑦ. ᑎᑎᕋᖅᓯᒪᔪᖁᑎᖃᕐᐳᖅ ᖃᓄᐃᓕᐅᒐᒃᓴᕆᔪᓐᓇᖅᑕᕐᓄᑦ ᐊᑦᑕᕐᓇᖏᑦᑐᒃᑯᑦ ᓂᕆᑦᑎᐊᕈᓐᓇᕐᓗᑎᒃ ᐊᓴᐱᒃᓴᖃᖅᑐᑦ ᐊᓴᐱᖃᖅᑐᓪᓘᓐᓃᑦ. ᐅᕗᖓ ᕿᒥᕐᕈᒍᓐᓇᖅᐳᑎᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ

ᑐᑭᓯᒋᐊᕐᕕᖓᓂ: http://foodsafety.cpha.ca

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ᐃᑲᔪᕈᑎ ᐃᓄᑐᖃᓄᑦ