

# What are Edibles?

## Worksheet 5

**Edibles are food or beverage products that have been infused with cannabis extract, typically either THC (tetrahydrocannabinol), CBD (cannabidiol), or a combination of both. These products are ingested orally, and the cannabinoids are absorbed into the bloodstream through the digestive system.**

*Edibles come in a wide range of forms, flavours, and potencies, including:*

### **1. Baked Goods:**

Brownies, cookies, cakes, muffins, and other baked goods infused with cannabis extract.

### **2. Candies:**

Gummies, chocolates, hard candies, lollipops, and other candies infused with cannabis extract.

### **3. Beverages:**

Cannabis-infused beverages such as teas, coffees, sodas, juices, and elixirs.

### **4. Snacks:**

Popcorn, pretzels, potato chips, nuts, and other snacks infused with cannabis extract.

### **5. Cooking Oils and Butter:**

Cannabis-infused cooking oils, butter, and other fats used for cooking or baking.

**Edibles are popular among cannabis users for several reasons:**

### **1. Discreet Consumption:**

Edibles can be consumed discreetly, as they often resemble regular food or beverages, making them suitable for situations where smoking or vaping cannabis may not be practical or acceptable.

### **2. Longer-lasting Effects:**

When ingested, cannabinoids are metabolized differently compared to when they are smoked or vaped, resulting in a slower onset of effects but longer-lasting and potentially more intense effects.

### **3. Variety of Options:**

There is a wide variety of edibles available, allowing consumers to choose products that suit their preferences in terms of flavour, potency, and form.

The effects of ingested cannabis can take longer to onset compared to smoking or vaping, often ranging from 30 minutes to 2 hours, depending on factors such as metabolism and the contents of the stomach.

Overconsumption of edibles can lead to unpleasant experiences, including anxiety, paranoia, and nausea.

Using vapes and edibles carries certain risks, and it's important for consumers to be aware of these potential hazards. Here are some of the risks associated with using vapes and edibles:



## Risks of Edibles:

### 1. Overconsumption:

Edibles can be more potent than smoked or vaped cannabis, and the effects can take longer to onset. This can increase the risk of accidental overconsumption, leading to adverse effects such as anxiety, paranoia, rapid heartbeat, and nausea.

### 2. Delayed Onset:

The effects of ingested cannabis can take anywhere from 30 minutes to 2 hours to onset, depending on factors such as metabolism and the contents of the stomach. This delayed onset can lead to users consuming more than intended if they do not feel the effects immediately.

### 3. Inconsistency in Dosage:

It can be difficult to accurately dose edibles, as the potency of cannabis-infused products can vary widely. This inconsistency in dosage can increase the risk of overconsumption or unexpected reactions.

### 4. Potential for Accidental Ingestion:

Edibles can be appealing to children and pets due to their appearance and taste. Accidental ingestion of cannabis-infused products by children or pets can lead to serious health risks, including intoxication, respiratory depression, and loss of coordination.

### 5. Interaction with Other Substances:

Cannabis can interact with other substances, including alcohol and prescription medications, leading to unpredictable effects or exacerbating existing health conditions.