Food Safety Guide
Home vs. Commercial

- Home-style refrigerator
- 3 times a day
- Room temperature (76 deg F)
- 10 minutes to recover

- Commercial Cooler
- Up to 24 hr. operations
- Above room temperature
- If properly running 1 minute
What is Potentially Hazardous Food?

- Food that requires time and temperature control to keep it safe
- Food that is capable of supporting rapid and progressive growth of infectious toxicogenic microorganisms
Examples of Potentially Hazardous Food

- Fresh meat, dairy products, cooked rice and...
- Cooked pasta
- Cut melons
Date Marking

- If stored over 24 hours
- NO more than 7 days total including the date opened.
- A food establishment must follow dates
Approved Source

- Grocery Store
- Restaurants
- Any establishment that is inspected from a government agency that handles food.
- Examples FDA, Dept. of Agriculture, Local and State Health Dept.
Major Contributing Factors Leading to Food-borne Illness

- Improper cooking and holding temperatures
- Amount of time at improper temperature
- Improper handling of food or cross contamination
Examples of Cross Contamination

- Handling food with soiled hands and gloves
- Placing fruits and produce on the prep table before washing them
- Raw meats and produce on the same cutting surface
- Using the same knife to cut chicken and then fish
- Raw meats in reach-in or walk-in coolers leaking onto other raw meats or ready to eat items
- Towel thrown over your shoulder used repeatedly to dry pots/pans from dish machine
Food-borne Illness Why is it Serious?

The most recent data from the CDC reveals:

- Over 76 million will become ill because of foodborne illnesses
- Over 5,000 people will die this year in the U.S. from foodborne illnesses
Symptoms of Food-borne Illness

Vomiting  
Diarrhea  
Cramps  
Fever  
Nausea  
Jaundice
Do not work around food if you have a communicable disease (Flu, common cold). Report to Person-in-Charge (Manager, Boss, or Owner) if you have symptoms that include vomiting, diarrhea, fever w/sore throat, jaundice, or lesion containing pus such as a boil or infected wound.
Reportable Diagnosis ("Big Five" Diseases)

Employee has an illness diagnosed by a Health Practitioner due to:

a.) Norovirus
b.) Hepatitis A virus
c.) Shigella
d.) E-coli
e.) Salmonella Typhi
Prevent Food-borne Illness with Proper Hand Washing

- Turn on warm water
- Apply soap
- Rub vigorously for 20 seconds to clean palms, back of hands, fingers, nails, wrists, and forearms
- Rinse and towel dry
- Turn off water with paper towel
- If exiting restroom, use paper towel to open door
When to Wash Hands

- After using the restroom
- Before preparing any food
When to Wash Hands

Between change of duties like working with raw meat and then switching to ready to eat food items
When to Wash Hands

Any hand-mouth-face contact as with smoking, eating, drinking, coughing, or grooming
When to Wash Hands

- After any cleaning task
- After using a tissue
When to Wash Hands

After handling money and managing a register
Rules for Good Personal Hygiene

- Shower daily
- Fingernails short, trimmed and clean
- Wear clean clothes
Hygiene (Cont.)

- Change your apron if soiled - *don't* use your apron as a towel

- Wear an effective hair restraint on head and beard and moustache (facial hair)
Hygiene (Cont.)

Use gloves properly

The Food Code requires "**Least possible manual contact**". In Cabell County, that means when working in food preparation, clean gloves, deli paper, or utensils must be used with clean hands.
Hygiene (Cont.)

Use gloves properly (cont.)

- Wearing gloves does not take the place of washing your hands
- Wash your hands before putting on gloves and wash your hands between glove changes
- Change gloves if soiled or torn
Hygiene (Cont.)

Use gloves properly (cont.)

Change gloves if you are working with raw foods, such as chicken, then working with ready to eat foods.
Hygiene (Cont.)

Be sure to eat, drink, and smoke only in designated areas
Store Food to Prevent Cross Contamination

- 1st Shelf -- Ready-to-eat food
- 2nd Shelf - Fish and meat from cattle, swine, sheep, goats, etc. (145°F)
- 3rd Shelf -- Ground meat, ground fish, and eggs (155°F)
- 4th Shelf -- Whole and ground poultry (165°F)
Cook Foods to Recommended Temperatures

- Fruits, vegetables, and commercially processed ready-to-eat food cooked for hot holding @135*F
- Seafood, fish, steaks/chops of pork, beef, veal and lamb, and eggs prepared for immediate service @145*F for 15 seconds
- Roasts of pork, beef, veal, and lamb @145*F for 4 minutes
- Ground meats and fish, injected meats, ratites, and eggs prepared for hot holding (not for HSP) @155* for 15 seconds
- Poultry, stuffed foods, stuffing w/fish, meat, poultry, ratites @ 165* for 15 seconds
- For complete list Google SF-7A FDA Food Code 2005-Food Guide
Remember Additional Cooking Notes

- Reheat all food rapidly to 165*.
- Cook all raw animal food in a microwave to 165*.
- DO NOT reheat food in crock pots or steam tables.
Hold Cold Food

41° F
Hold Hot Food

135°F
Keep Food Out Of The Danger Zone

135°F

41°F
Cool Food Safely

1.) *Use an ice bath*
   - Place in a sink or pot and surround with ice water
   - Stir every 15 minutes
   - Use plenty of ice (ice must exceed food level)
2.) **Use small shallow containers**

- Containers 3 inches deep or less
- Think twice, Reach-ins are not capable of cooling a lot of hot food
- Use walk-ins whenever possible
- Place in coldest part of walk-in
Cooling at room temperature is *not* acceptable.

Food should be cooled to 70 °F within 2 hours.

Cooled to 41 °F in the next 4 hours.
Thaw Food Safely

- In the refrigerator at 41° or below
- On the stove as part of the cooking process
Thaw Food Safely (Cont.)

- Place in large pot and thaw under running water
- Limited to 2 hours with water at 70 °C or less
- Container should overflow to flush away impurities
Thaw Food Safely (Cont.)

- Use a microwave oven as part of the cooking process

- Room temperature thawing is **not** acceptable
Set up a Three Bowl Sink Properly

1.) Wash sink-- use hot water with a good dish detergent

2.) Rinse sink--remove soap from dishes with hot water

3.) Sanitize sink--use hot water with appropriate sanitizer at the proper concentration

4.) Two drain boards should be available--one for soiled dishes and one for dishes to air dry
# Use Approved Sanitizers @ Proper Concentration

<table>
<thead>
<tr>
<th>Sanitizers Listed In Food Code</th>
<th>Concentration Required</th>
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<tbody>
<tr>
<td>1.) Iodine</td>
<td>12.5 ppm</td>
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<tr>
<td>2.) Chlorine</td>
<td>50 ppm</td>
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<tr>
<td>3.) Quaternary</td>
<td>200 ppm</td>
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<tr>
<td>Ammonia</td>
<td></td>
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</tbody>
</table>
Know about Dish-machines

- All commercial machines have containers of soap and rinse agent.
- Low temp machines (120°F minimum) require a third container with a chemical sanitizer (Sodium Hypochlorite).
- High temp machines (160°F minimum on the dishes) sanitize with heat/steam.
- Must change water frequently.
Check and Calibrate a Probe Thermometer

1.) Fill container w/ice
2.) Add water & stir
3.) Apply wrench to adjusting nut
4.) Place thermometer in container, avoid touching sides or bottom
5.) Allow time for thermometer to stabilize
6.) Turn face of thermometer to set @ 32°F
Sanitize a Probe Thermometer

- Prior to use, always sanitize thermometer probe
- If three bowl sink is set up, wash, rinse, and sanitize
- Dip in sanitize sink for 10 seconds if you’re using bleach, 30 seconds for tablets and liquid quaternary ammonia, shake to air dry
Sanitize a Probe Thermometer (Cont.)

- If three bowl sink is not set up, add liquid quaternary ammonia to a gallon of water for a concentration of 200 parts per million...
Sanitize a Probe Thermometer (Cont.)

- ...or add one tablet to a gallon of water
- Insure tablet is dissolved and mixed completely with the water
- Confirm sanitizer concentration of 200 parts per million by checking with test strips
- Pour into glass, dip probe for 30 seconds, shake to air dry
Sanitize a Probe Thermometer (Cont.)

- Bleach can also be used as a sanitizer (Use regular, non-scented)
- Add one cap full of bleach to a gallon of water
- Check concentration with test strips, adjust as necessary to obtain concentration of 50 ppm
- Pour into glass, dip probe for 10 seconds, shake to air dry
Sanitize a Probe Thermometer (Cont.)

One additional alternative for sanitizing the thermometer probe is to use alcohol prep pads.
Know Additional Safe Guards

Keep insects and rodents away by

- Keeping doors and windows closed
- Keeping dumpster lids and doors closed
- Exterminating monthly
While preparing food, employees may not wear jewelry on their arms and hands. This does not apply to a plain ring such as a wedding band.
Safe Guards (Cont.)

- Chemicals should not be stored next to food or single service/single use items
- Containers previously used for Chemicals can not be used for food
- Secondary containers used for chemicals must be labeled with common name
Safe Guards (Cont.)

- Pesticides
- Food Additives
- Toxic Metals
- Sanitizers

- Lubricants
- Cleaning products
Allergens

Milk
Eggs
Fish
Crustacean Shellfish (Crab and Lobster)
Tree Nuts (Almond, pecans, walnuts)
Wheat
Peanuts
Soybeans
Food Service Worker Course

The End