Food Safety Smart- Foodservice

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Personal Hygiene
Food Safety Smart-Personal Hygiene

Wash hands
- Before handling food
- After using the bathroom
- Between tasks
- After eating or drinking

#1A
Food Safety Smart-Personal Hygiene

ALWAYS wash hands before putting on gloves

CHANGE gloves:
- Between handling raw meat, fish or poultry and ready-to-eat foods
- After using the bathroom
- After eating or drinking

NEVER Reuse gloves
Food Safety Smart-Personal Hygiene

**USE:**
- Tongs or spatulas
- Forks and spoons
- Deli paper, waxed paper, or napkins

To handle ready-to-eat foods. Do not use bare hands.

#3
Food Safety Smart-Personal Hygiene

Good personal hygiene is essential for anyone who prepares food.

#4
Food Safety Smart-Personal Hygiene

- Wear clean clothing, uniform and apron
- Change the apron when it gets dirty
- Keep hair covered
- Wear little or no jewelry
- Never wear fake nails or nail polish
- Cover cuts and wounds
Food Safety Smart-Food Service

Time and Temperature Control:

Cooking

Cooling

#6
Time/Temperature Controlled for Safety Foods (TCS)

TCS foods support rapid growth of harmful microorganisms. Food characteristics include:

- High in moisture
- Low in acidity
- High protein
- Raw or cooked
- Have caused foodborne illness outbreaks
Examples of TCS Foods

- Meat, fish or poultry
- Cooked rice or pasta
- Cut melons, tomatoes
- Eggs
- Garlic-in-oil mixtures
Temperature abuse refers to foods that are:

Exposed to temperatures in the danger zone 41-135 °F for more than 4 hours

Not cooked or reheated enough to destroy harmful microorganisms.

#9
Temperature “Danger Zone”

135 °F

41 °F
Keeping foods above 135° F will:
- Prevent growth of microbes
- Destroy microbes.

Keeping foods below 41°F will:
- Prevent or slow the growth of microbes.
Using a food thermometer is the only way to insure that food is completely cooked.
Food is **safely cooked** when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.
The range of safe cooking temperatures can vary from:

145°F to 165°F
Safe Cooking Temperatures*

- Ground Meat & Meat Mixtures 155°F
- Poultry (Chicken & Turkey) 165°F
- Eggs and Pork 145°F
- Egg Dishes 155°F
- Fish 145°F

Note: Temperature must be maintained for 15 seconds
Microwaved foods at 165°F and stand for 2 minutes

*2007 FDA Model Food Code
Food Safety Smart- Cook

ROTATE and STIR food cooked in the microwave. Food must be heated to a temperature of at least 165 F.
Food Safety Smart- Hot Holding

Hot Holding temperature- 135°F

Food must first be heated to at least 165°F before hot holding

#17
Pass foods through the temperature danger zone quickly and as few times as possible!
Food Safety Smart- Chill

- The temperature of a refrigeration unit should be 41°F or lower
- Place a thermometer on a middle shelf at the rear of the unit
- Check temperature at least twice a day
Food Safety Smart - Cool

THAW frozen meat, poultry, and seafood in the refrigerator always on a shelf below fresh produce

#21
TCS Foods must be cooled from: 135°F to 70°F in two hours than to 41°F in a total of 6 hours
Food Safety Smart-Cooling

TCS foods should be cooled by:

- Ice bath
- Dividing into smaller pieces and placing in the refrigerator
How long would it take to cool this large stockpot of thick beef stew in a walk-in refrigerator at 41°F?
Food Safety Smart-Cooling

It would take 6 days to cool the beef stew in this large pot to 41°F!
Food Safety Smart- Foodservice

Cross Contamination

#26
Example:
When tomatoes are cut on the same cutting board as raw chicken without the cutting board being properly cleaned and sanitized, cross contamination occurs.
Harmful bacteria can be transferred by:

- People
- Equipment
- Utensils
- Other foods
- Pests

#28
Food Safety Smart - Cross Contamination

Handle dishes, glasses and utensils properly

RIGHT	WRONG

WRONG

RIGHT
Food Safety Smart- Cross Contamination

WASH cutting boards, dishes, utensils, and counter tops with hot soapy water and sanitize after preparing each food and before you go on to the next food.

USE one cutting board for raw meat, poultry and seafood and another ready-to-eat food.

STORE raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.

#30
Prevent Cross Contamination

- Use different equipment for raw and ready-to-eat foods
- Keep raw foods separate from ready-to-eat foods
- Use clean and sanitized equipment and utensils when preparing food
Receiving and Storage
Check temperatures of cold food products before accepting them to be sure they are not in the Temperature Danger Zone

#32
Receiving and Storage
Check ALL food products.
Packaging should not be damaged
Food Safety Smart - Cross Contamination

Receiving and Storage
Store foods that do not need refrigeration on open shelving 6 inches from the wall and 6 inches off the floor.

Practice “FIFO” - First in First Out

#34
Food Safety Smart - Cross Contamination

Store cold ready-to-eat foods above raw foods in the refrigerator

#35
Food Safety Smart - Foodservice

Cleaning and Sanitizing

#36
Surfaces that come in contact with food must be cleaned and sanitized at least every four hours or when they are dirty.
Cleaning should be done:

- At a time when the least amount of food will be exposed
- When service will not be interrupted
- Out of a separate “mop” or “janitors” sink
WASH cutting boards, dishes, utensils and counter tops with hot soapy water and sanitize after preparing each food item and before you go on to the next food.
Food Safety Smart- Cleaning and Sanitizing

- Sanitizers are used to destroy harmful microorganisms that may present on equipment or utensils after cleaning
- Food contact surfaces must be cleaned before they can be sanitized

#40
Wiping cloths must be:

- Stored in sanitizing solution
- Changed regularly
- Used only for wiping spills
- Washed everyday
Two methods of sanitizing

- Heat
  - Steam
  - Hot water
- Chemical
  - Quaternary Ammonium
  - Iodine
  - Chlorine

Always follow manufacturers directions

#42
Food Safety Smart- Cleaning and Sanitizing

Mechanical dishwashing

- Pre-rinse
- Place in dishwashing machine
- The machine will:
  - Wash
  - Rinse
  - Sanitize
- Air-dry
- Store properly

#43
Resources for Illustrations

1. International Association for Food Protection
   http://www.foodprotection.org/aboutIAFP/SafetIcons.asp

2. National Registry of Food Safety Professionals, Essentials of Food Safety & Sanitation, 2004