

# Food Safety



# Providing Safe Food

## Understanding Foodborne Illnesses

- **Definition:** A foodborne illness is a disease caused by consuming contaminated foods.
- **Causes: (ServSafe Risk Factors):**
  - **Biological Contaminants:** Bacteria (Salmonella), viruses, and parasites.
  - **Chemical Contaminants:** Cleaning agents and pesticides.
  - **Physical Contaminants:** Foreign objects like glass or metal.
- **High-Risk Populations:** Young children, elderly, pregnant women, and people with compromised immune systems.



# Providing Safe Food

## Key Practices for Keeping Food Safe

- Personal Hygiene: Frequent handwashing and proper glove use
- Aprons off when leaving to use restroom
- Time and Temperature Control: Avoid the Danger Zone (41°F - 135°F)
  - Limit food exposure to the Danger Zone to prevent bacterial growth.
- Prevent Cross-Contamination:
  - Separate raw and ready-to-eat foods
  - Use separate cutting boards and sanitize surfaces
- Cleaning and Sanitizing: Clean surfaces and sanitize them to safely reduce pathogens.



# Three Forms of Contamination



**Biological**



**microorganisms such as bacteria, fungi, and parasites**

**Chemical**

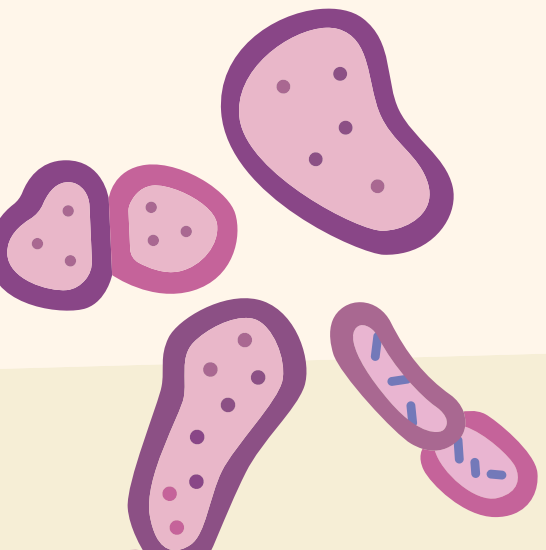


**bleach, sanitizers, polishes, lubricants, and pesticides**

**Physical**



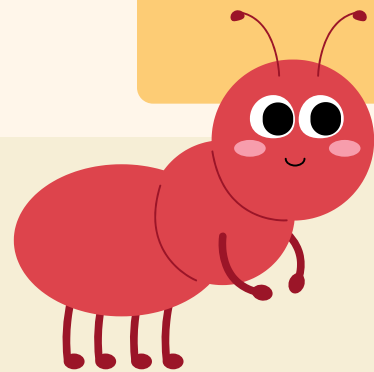
**metal shavings, fingernails, fruit pits, and fish bones**



# How Contamination Happens



- **Not washing hands after using the restroom**
- **Sneezing or vomiting onto food or food-contact surfaces**
- **Allowing ready-to-eat food to touch a surface that contacted raw meat, seafood, or poultry**
- **Storing food or cleaning products incorrectly**
- **Failing to spot signs of pests**





# The Safe Food Handler

**A safe food handler prioritizes personal hygiene. Some of the most important ways to do this include:**



Wash hands for 20 secs  
(BEFORE preparing food)



Remove your apron before  
using the bathroom



Keep fingernails short and  
clean (avoid fake nails)



Do not come to work if you  
are sick



# Proper Handwashing

- Wet hands and arms
- Apply soap
- Scrub hands and arms vigorously for 10-15 seconds
- Rinse hands and arms thoroughly
- Dry hands and arms
- The whole process should take at least 20 seconds
- Wash hands only in a sink designated for handwashing
- Only use hand antiseptics after handwashing. Never use them in place of it



# The Flow of Food: An Introduction

## Stages and Hazards in the Flow of Food

### Cross-Contamination Hazards:

- Pathogens are transferred from one food or surface to another
- Common source: using the same cutting board for raw and ready-to-eat foods

### Prevention

Separate equipment

Clean surfaces

Proper storage



## Flow of Food Stages

Purchasing

Receiving

Storing

Preparing

Cooking

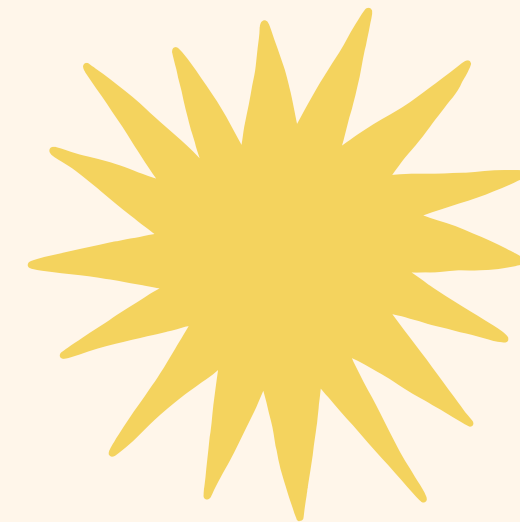
Holding

Cooling

Reheating

Serving

Rhia's Slide





# The Flow of Food: An Introduction

## Time-Temperature Abuse and Monitoring

- Time-Temperature Abuse:
  - Occurs: When food stays too long in the Danger Zone
  - Proper temperatures: Cold foods = Below 41°F, Hot foods = Above 135°F.
  - Prevention: Thermometers, monitor Temperatures regularly.
- Monitoring Practices:
  - Regularly calibrate thermometers and log Temperatures
  - Train staff on proper time and temp controls
  - Take corrective actions if standards are not met



# The Flow of Food: Purchasing

- **Purchase food from approved, reputable supplier:**

- who have been inspected
- who meet all applicable local, state, and federal laws

- **Arrange Deliveries so they arrive:**

- when staff can do inspections
- when they can be received correctly



# The Flow of Food: Receiving

- **Make sure staff is trained to receive deliveries**
  - Inspect deliveries upon arrival
  - Visually check food items and check temperatures
- **Reject packaged items with:**
  - tears, holes, or punctures in package
  - cans– dents, missing labels, leaks, or rust
  - broken cartons or seals
- **Store items after receiving**



# The Flow of Food: Storage

- **Labeling food for use on-site:**

- Items not in original container must be labeled

- **Date Marking:**

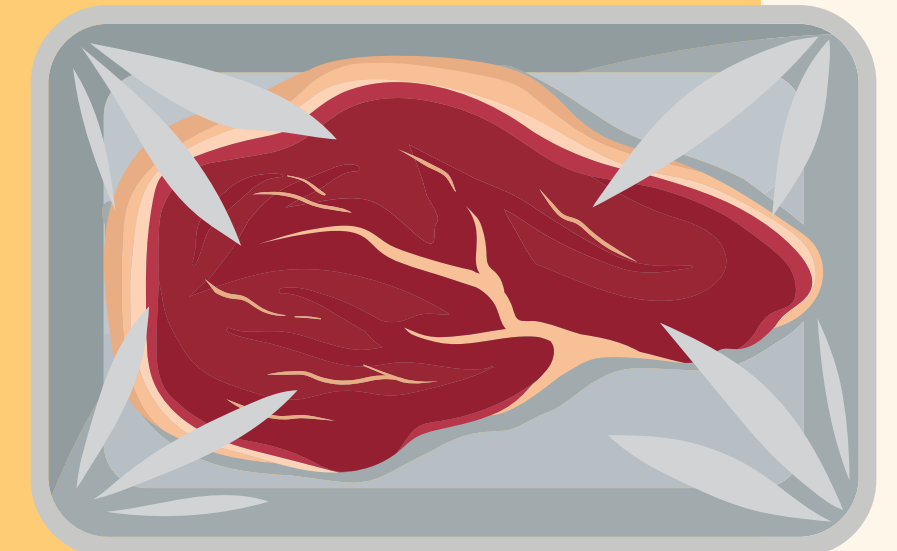
- Ready to eat TCS food must be marked if held longer than 24hrs
- Ready to eat TCS food can be stored for only seven days if held at 41 Degrees Fahrenheit or lower

- **FIFO**

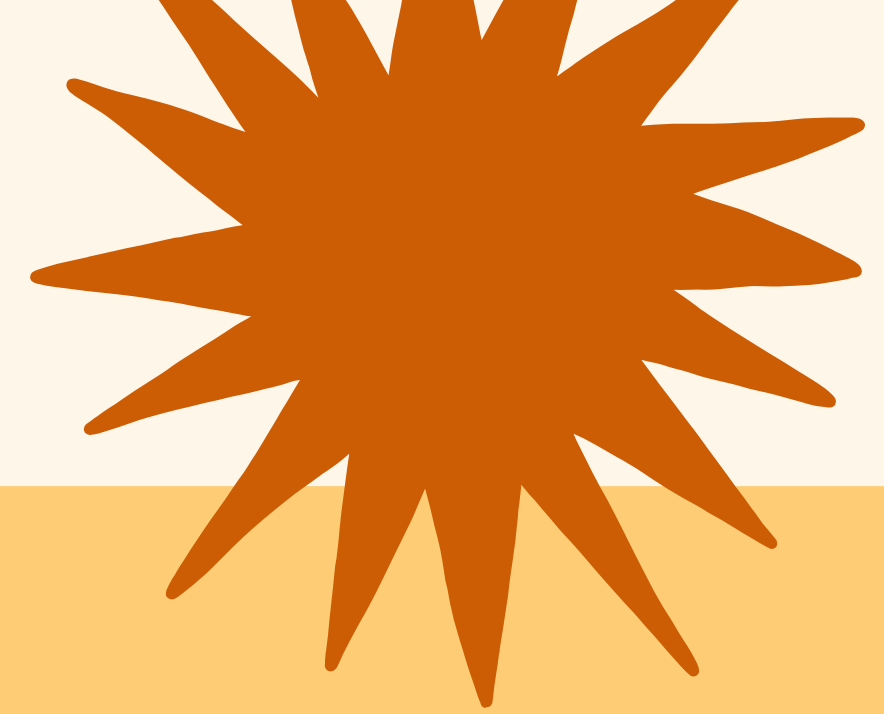
- Rotate food to use the oldest in the inventory

- **Prevent Cross-Contamination:**

- Store items in designated areas
  - Store away from walls and 6in off the floor
  - Store single use items in original packaging



# The Flow of Food: Preparation



- **When prepping food:**

- Make sure workstations, cutting boards, and utensils are clean and sanitized.
- Only remove as much food from cooler that is needed
  - Limits time temp. abuse
- Return prepped food to cooler or cook it

- **Thawing**

- Thaw food in cooler
- Submerge food under running drinkable water at 70 degrees or lower
- In a microwave, only if cooked immediately after
- As part of the cooking process



# The Flow of Food: Preparation

- **Methods for cooling food:**

- Place food in ice-water bath and stir regularly
- Stir food with ice paddle
- Place food in a blast chiller or a tumble chiller

- **When reheating food:**

- Immediate service
  - Can be reheated to any temperature if cooked/cooled correctly
- Hot-holding
  - Must be reheated to an internal temperature of 165 degrees Fahrenheit for 15s within two hours, if it does not reach, must be thrown out.



# The Flow of Food: Service:

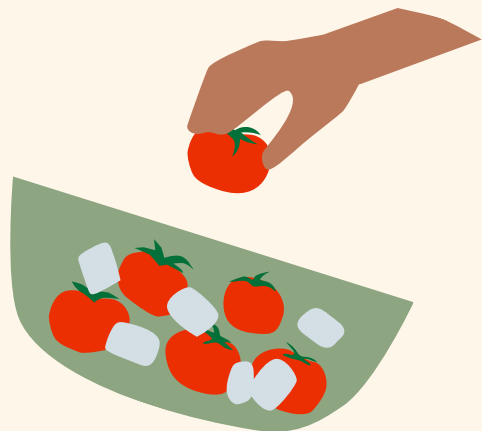


## Temperature:

- Hold TCS food at correct temperature
    - hot food: 135 degrees F
    - cold food: 41 degrees F
- Check temperatures every 4 hours

## Re-serving Food:

- NEVER re-serve
  - Food returned
  - Plate garnishes
  - Uncovered condiments
  - Uneaten bread or rolls



## Prevent contamination when serving:

- Single-use gloves
- Clean and sanitized utensils
- Store utensils correctly

## Self-Service Areas

- Sneeze guards
- Identify all food items
- Keep raw meat, fish, and poultry separate from ready-to-eat
- Do NOT let customers refill dirty plates or use dirty utensils at self-service areas
- Stock food displays with the correct utensils for dispensing food





# The Flow of Food: Service

## Off-Site Service

- Use insulated, food-grade containers
- Check internal food temperatures
- Label food with use-by date and time

## Vending Machines

- Check shelf life
- Keep TCS food at the correct temperature
- Wash and wrap fresh fruit with edible peels





# Cleaning and Sanitizing

## Cleaners

- Stable and noncorrosive
- safe to use
  - follow instructions
  - Do NOT use one type of detergent in place of another

### Types:

- General purpose
- Heavy-duty detergents
- Degreasers
- Delimers
- Abrasive cleaners

## Sanitizing

- Heat- 171 degrees F
- Chemicals
  - Chlorine
  - Iodine
  - Quats



# Cleaning and Sanitizing



## How and when:

- All surfaces must be cleaned and rinsed
- Any surface that touches food
- Scrape or remove food bits from the surface
- Sanitize the surface
- Allow surface to air dry

## Cleaning up after people who get sick:

- Diarrhea and vomit in the operation must be cleaned up correctly
  - Norovirus is highly contagious
- Correct cleanup can prevent food from becoming contaminated and keep others from getting sick

## Manual Dishwashing

### Setting up a three-compartment sink:

- Clean and sanitize each sink and drain board
- Fill first sink with detergent and water (110 degrees F)
- Fill second with clean water
- Fill third with water and sanitizer to the correct concentration

**Thank You!** ✨

