



### **FOODBORNE ILLNESS PREVENTION**

- Most bacteria and viruses that cause food-borne illness are transmitted to food by your hands
- Keeping foods at proper temperatures will help to eliminate bacteria growth
- Correct and frequent hand washing is very important to prevent harmful bacteria and viruses from spreading

### **PROPER HANDWASHING PROCEDURES:**

- Use only the hand sink to wash hands
- Use soap and hot running water (at least 100°F)
- Rub hands briskly for 20 seconds
- Dry hands with a paper towel or drying device, turn off the water with a paper towel to prevent making your hands dirty again

### **WHEN TO WASH:**

- When you first arrive at work, and when you return to work after breaks
- After you touch your face, nose, mouth, or body, and after sneezing or coughing
- After you touch raw meat, fish, or poultry
- After you touch dirty dishes, garbage, or any other unclean surface
- After eating, drinking, and smoking
- After using the restroom or using chemicals
- Before putting on new gloves

### **PREVENTING BARE HAND CONTACT**

- Food workers **MUST** use a second barrier (the first barrier is **ALWAYS** a proper hand wash) when handling ready-to-eat foods. Second barriers include as single use gloves, deli paper, or utensils.

### **PROPER GLOVE USE**

- Apply new gloves **AFTER** a proper hand wash.
- Wash your hands and put on a new pair of gloves whenever they become soiled and/or when you leave your work station or change tasks.
- Gloves can be used as a second barrier when handling ready-to-eat food.

### **HAND SANITIZER**

- May only be used **AFTER** washing your hands.
- Hand sanitizer should **NEVER** be used **ALONE**.

### **HAIR RESTRAINTS**

- Food handlers must wear a hat, hair net, or other hair restraint when working with open foods and/or clean dishes.

### **EATING, DRINKING, SMOKING – NOT ALLOWED!**

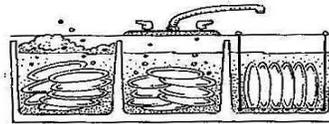
- Smoking, chewing gum, eating, or drinking from an unapproved cup are prohibited in food prep areas.
- Staff can drink from an approved container (i.e. sports bottle, spill-proof cup with a tight-fitting lid).
- No open food or drink containers are allowed!

## APPROVED SOURCE

- All meat prepared or served in commercial kitchens must be inspected by federal agents.
- Potentially hazardous foods that were prepared at home are not allowed to be sold to the public.

## CHEMICAL STORAGE

- Chemicals must be properly labeled and properly stored to prevent contamination or accidents.
- Never store chemicals next to or over food, food contact items, paper goods, clean linens.



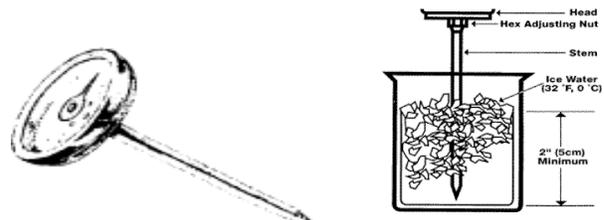
## CLEANING & SANITIZING

All dishes and food-contact surfaces must be washed, rinsed, and sanitized between uses. The most common sanitizer used in food establishments is a bleach-water solution made by mixing **1 teaspoon unscented bleach + 1 gallon of cool water** (50-100 ppm Cl<sub>2</sub>). When washing dishes by hand, use the following procedure:

- Start with clean sinks
- **Wash** dishes with hot, soapy water in the first sink
- **Rinse** dishes with clean, clear water in the second sink
- **Sanitize** by soaking the dishes in the third sink filled with warm or cool water and an approved sanitizer for at least one minute. If the equipment is not inside the sanitizer for that long, it will not have enough time to kill the germs. Never make up sanitizer with hot water!!!!
- ALWAYS test concentration of the sanitizer by using the right chemical test strips!!!
- Air dry all dishes and utensils – do not use a towel

Some establishments have a mechanical dishwasher that will wash, rinse, and sanitize the dishes. Sanitizer concentrations must be checked with chemical test strips – **at least twice a day**.

Wet wiping cloths can be used to sanitize work surfaces that have been cleaned and rinsed. Wiping cloths should be stored in fresh sanitizer when they are not in use. Change the cloths and the solution frequently; food debris uses up the sanitizer quickly.



## TEMPERATURE CONTROL

- Cold foods must be held at 41°F or colder and hot foods must be kept 135°F or hotter.
- **The range of temperatures between 41°F - 135°F is called the Temperature Danger Zone.**
- A thermometer must be used to make sure food is delivered, cooled, and stored at the correct temperatures.
- Calibrate thermometers often! Thermometers must read 32°F when placed in ice water.

Food that is cooked and then cooled may be reheated to be served again. Cold food that will be held must be reheated to at least **165°F** quickly (within two hours)

Cooling is usually the riskiest step in food preparation. It involves a two-step process: 135°F - 70°F in 2 hours and then 70°F - 41°F in 4 hours. Some approved cooling methods include placing food in shallow pans, size reduction (cutting solid food into smaller pieces), using rapid cooling equipment such as an ice wand, and cooling food in an ice bath.