

Food Safety Training



wood county
HEALTH DEPARTMENT

Nationally Accredited



Introduction

Our goal is to improve and boost industry/community relations and raise compliance with food safety regulations.

Ultimately, it is up to the employees, managers, and owners to uphold the standards.

Online Resources:

Wood County Health Dept.
<http://www.co.wood.wi.us/Departments/Health/>

Prezi Presentation:
http://prezi.com/3edbphppyls6/?utm_campaign=share&utm_medium=copy

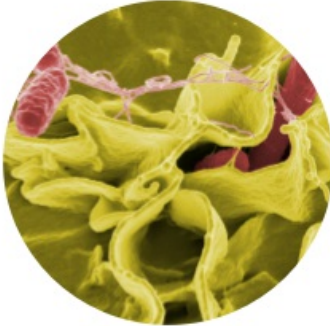
Fact Sheets can also be found on Wood County Health Dept. Environmental Health webpage:
<http://www.co.wood.wi.us/Departments/Health/Licenses.aspx>

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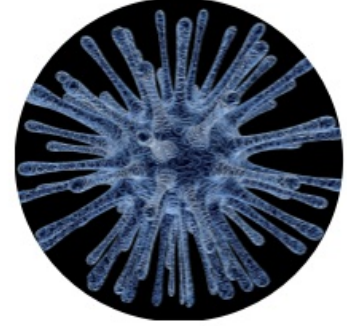
01 Foodborne Illness



Salmonella:
Caused by under cooked meats and cross contamination. Often found in poultry.



E. Coli:
Caused by contact with infected and cross contamination. Often found in ground beef



Hepatitis A:
Caused by fecal-oral contamination and cross contamination.



Foodborne Illness Definition: Sickness caused from germs or toxins in food. Also called food poisoning.

Foodborne Illness

SYMPTOMS

Vomiting

Diarrhea

Fever

Jaundice:

yellowing of skin or eyes



Foodborne Illness

PREVENTION



Wash Hands often!



Separate! Don't Cross Contaminate



Chill and Cook to proper temperatures





02 Hand Washing

Hand washing is the easiest and most effective way of preventing foodborne illnesses.



Before:
Starting a job

When?

After:
Smoking, Eating, or Drinking
Handling Raw Food
Handling Garbage
Using the Restroom
Cleaning
Sneezing, Coughing, or Using a Tissue

Between:
Glove Changes
Jobs

Hand Washing Sink Only

To prevent contamination, do not wash hands in sinks designated for food prep, utensil washing, or mop sinks.

Sinks must be supplied with:
-warm water
-soap
-single use paper towel

Where?

NOTICE

Employees Must Wash Hands Before Returning to Work



Where is your hand washing sink?



How?

5 Step Process:

1. Wet hands with warm water.
2. Apply soap and lather.
3. Vigorously rub hands for 20 seconds, scrubbing under fingernails.
4. Rinse hands.
5. Dry hands with single use paper towel (not on apron)



Is Sanitizer Enough?





03 Personal Hygiene



Hair trimmed and effectively restrained.

Nails trimmed and cleaned.

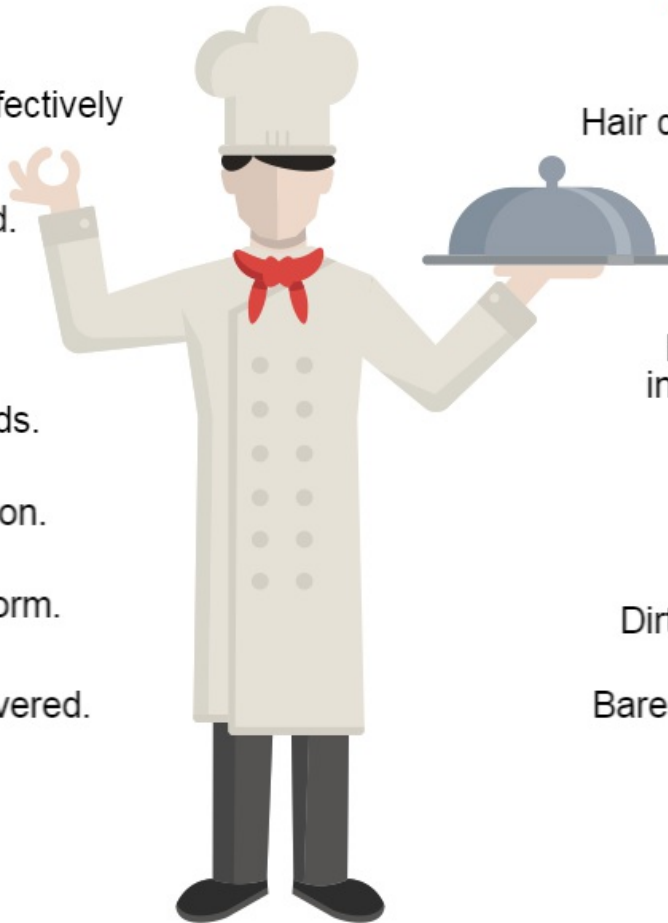
Limited Jewelry.

Covered wounds.

Clean apron.

Clean uniform.

Bare feet covered.



Hair coming out of restraint.

Long, painted, or artificial nails.

Excessive jewelry, including wristwatch.

Open wound.

Dirty apron.

Dirty or torn clothing.

Bare feet exposed.

Smoking, eating, chewing gum, and drinking are only allowed in designated areas.

If tasting is required, use tasting utensil only once.





Employee Illness

Policy is Required.

Report to the person in charge that you are experiencing symptoms:

Vomiting

Diarrhea

Fever

Jaundice:

yellowing
of skin or
eyes



RESTRICTED EMPLOYEE

- May perform work duties other than handling exposed food, food equipment, utensils, and single service items.
- Example: Employee with unprotected opened or draining wound.

EXCLUDED EMPLOYEE

- May not be present in food establishment.
- May not return until health department or doctor approval is given.



04 Food Handling

Ready-to-Eat and Raw Animal Foods

Ready-to-Eat Foods:

Foods that may be eaten without any further preparation.

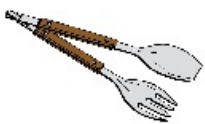


Food code does not require gloves, but does require ready to eat goods be prepared and served without bare hand contact.



To avoid bare hand contact, use:

- Deli Papers
- Utensils
- Tongs
- Spatula
- Ice Scoop
- Disposable Gloves



Wash hands before applying new gloves.

Change Gloves:

- between work stations
- after touching hair, face, or sneezing
- after touching raw meat
- if torn
- when hands become sweaty (breeds bacteria)

Cuts or scrapes must be bandaged and gloves worn over bandage.

HINT: wear a brightly colored bandage so it is easily found if it falls off.



Raw Animal Foods:

Uncooked animal foods such as eggs, fish, meat, chicken, and other foods contain raw animal foods.

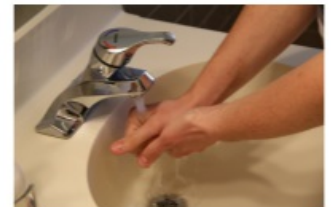


Cross Contamination

Germ or bacteria from one food item are passed to another food item.

PREVENTION:

-Properly wash hands before and after handling raw animal foods.



-Wear gloves to minimize bare hand contact.



-Separate raw animal foods from ready-to-eat foods during preparation and storage.

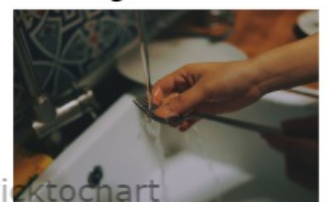


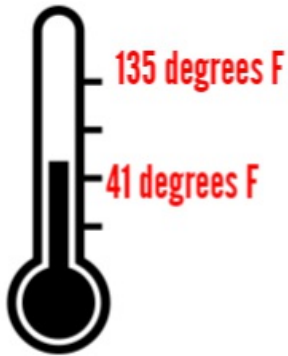
-Color coded cutting boards for different types of foods. (red for raw meat, green for produce)



-Clean and sanitize food contact surfaces between raw animal foods and ready to eat foods.

-Worn or pitted cutting boards can breed bacteria even if washed thoroughly.





05 Danger Zone

Bacteria will grow and multiply quickest between 41 - 135 degrees F.



Food in the Danger Zone for more than 4 hours should be discarded.



The only safe way to know if food is fully cooked is to use

Thermometers.

Smell and color ("brown in the middle") are not accurate indicators of doneness.

32

How to
Calibrate

212

-Place stem of thermometer in a cup of ice water or in a pan of boiling water.

-Immerse stem at least 2 inches into fluid without touch sides.

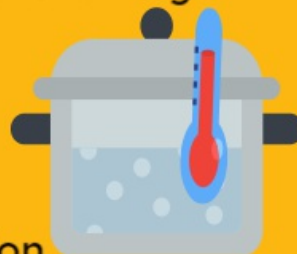
-Wait for needle to stop moving.

-Use a wrench or pliers to turn the calibration nut until thermometer reads the following temps:

-Ice water = 32 degrees F

-Boiling water = 212 degrees F

NOTE: Some thermometers have a reset button for calibration.



Power Outage

Thermometers should be visible from outside of refrigerator or oven, in order to know when temperatures of foods becomes unsafe.





06 Safe Cooking



Time/Temperature Control for Safety Foods (TCS Foods)

- foods that bacteria will grow in when the temperature is in the danger zone:
 - meat, poultry, seafood, tofu
 - dairy products, eggs, cream filled
 - soups, gravies, meat sauces, custards
 - meat/ potato salads, cooked pasta or rice



Hot Holding: Hot TCS Foods must be kept at or above 135 degrees F. Stirring and covering will ensure thorough heating.



Foods must be cooked to the following temperatures to reduce/kill harmful disease causing pathogens:

135 *F

Plant foods:
rice, pasta, vegetables



145 *F

Whole Muscle Meat: Beef, Pork, or Lamb, Fish, Raw shelled eggs



155 *F

Ground meats, fish, or game animals



165 *F

Chicken, Turkey, Waterfowl, Stuffed chicken, fish, meat, pasta, or leftovers





07 Safe Cooling

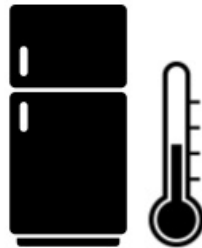
Place hot foods in a:
-cooler
-ice bath



*Faster
Cooling =
Less
Bacterial
Growth*



Stirring with ice wand
cools faster.



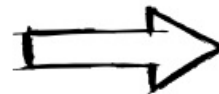
Helpful Tips



- TCS foods must be cooled to below 41 *F within 4 hours
- Cold Holding -- TCS foods must be kept at or below 41 *F.
- Make sure the ice water is level with the food in an ice bath.
- Add water and salt to ice bath to lower the temperature.
- Hold the water in a recipe and add it at the end in the form of ice.

3

Cooling Factors



Portion Size:

5 gallon stock pots will cool too slowly.
Place food in shallow (2 in) pan.
Cut meat into smaller pieces.

Type of Food:

Thick foods take longer to cook than liquid foods
Stainless steel/metal containers cool faster than plastic.

Type of Container:

Place pans on upper shelves in cooler.
Pans should remain uncovered until food reaches 41 degrees F. Covering insulates the food.



08 Reheating



Reheating must be completed in **less than 2 hours.**

Reheating for Hot Holding

TCS foods that have been cooked, cooled, and are ready for hot holding must be reheated to



at least 165 *F for 15 seconds.

Reheating for Immediate Service

leftover food may be reheated to



desired temperature.



09 Storage



Internal system of identifying how old certain foods are.

Ready-to-Eat and TCS Foods must be date marked if held **more than 24 hours.**



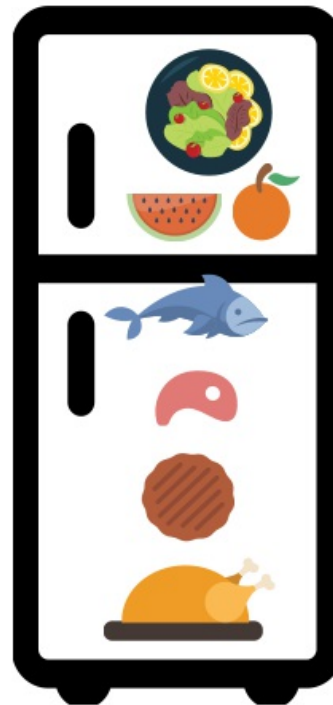
Food must be consumed or discarded within

7 days

unless unaltered commercially produced food has printed date.

Use By: **Expires:** **Preparation Date:**

Separate raw animal foods by required final cook temperature.



Prepared Foods
Fruits/Vegetables
Fish/Seafood
Beef/Pork
Ground Meat
Poultry

Store raw animal foods in leak proof containers or on sheet trays to prevent juices from dripping.

When in doubt,

Throw it out!

All food must be stored at least 6 inches above the floor.

Freezing: stops the date marking clock, but does not reset it. You must count all days that food is refrigerated.



10 Cleaning, Sanitizing, and Disinfecting

Easy as 1, 2, 3

Cleaning



-Makes a surface, dish or glass free of visible food, crumbs, or dirt.



Sanitizing

-Kills germs by using high heat temperatures or chemical solutions.

pHydriion
papers



-Sanitizing solutions appropriate concentration:

Chlorine 50-100 ppm (1 tsp chlorine to 1 gallon of water)

Quaternary Ammonia 200-400 ppm

-A test kit for the type of sanitizer being used is required to be available.

-Test sanitizer strength a few times per day to be sure concentration is strong enough.

Disinfecting



-Wiping hard surfaces with a stronger solution than used in sanitizing.

-Store wet wiping cloth in chemical solution between uses.



Warning:

Never mix cleaning chemicals with sanitizing solutions.



Cleaning Checklist:

- ✓ Garbage cans and garbage area, including wall.
- ✓ Site of cross contamination:
 - cutting different kinds of meats
 - switching between TCS foods
- ✓ Tables, booths, chairs, menus, condiments.
- ✓ Food preparation surfaces, every 4 hours when in use.
- ✓ Handles of doors and kitchen equipment.



Fact:

The CDC estimates that 10% of foodborne illness outbreaks in the US are caused by contaminated equipment or utensils.

3

Compartment Sink



Utensil Washing

Manual:

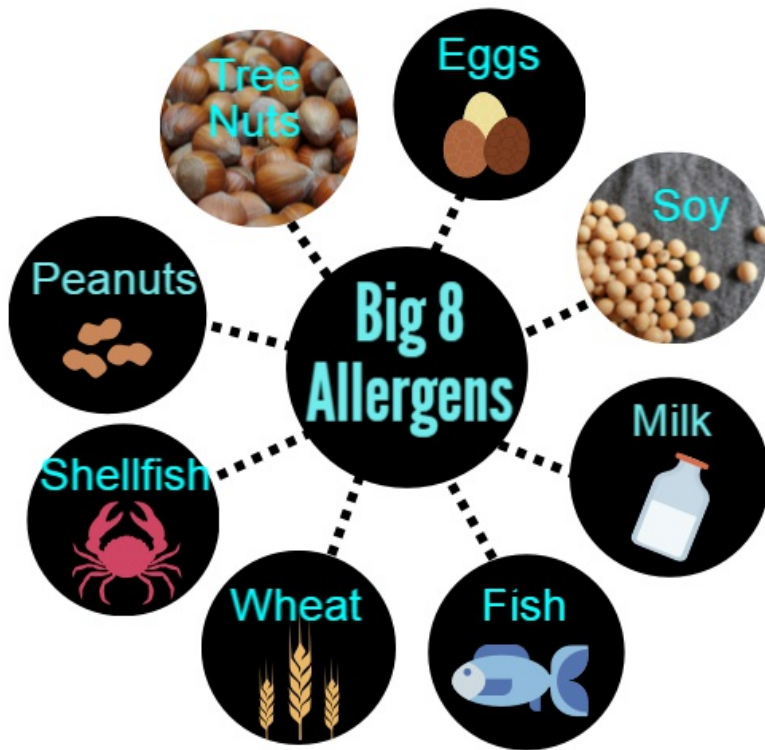
1. Scrape or Spray
 2. Wash with detergent and warm water (110 degrees F)
 3. Rinse
 4. Sanitize with approved sanitizer
 5. Air dry
 - towel drying can spread germs
- Use a 3 compartment sink.

Mechanical:

1. Chemical Sanitizing machine
 - wash temperature (120 degrees F)
 - Chlorine sanitizer concentration at least 50 ppm
2. Hot Water Sanitizing Dish Machine
 - Wash temperature (150-165 degrees F)
 - Final sanitizing rinse (180 degrees F)



11 Allergens



Signs and Symptoms

- Tingling in mouth
- Swelling of tongue
- Difficulty breathing
- Hives/Rash
- Vomiting
- Drop in blood pressure
- Loss of consciousness

Avoid Cross Contamination:

- One utensil, one product
- Prepare allergen free food on a clean surfaces with clean utensils.
- Thoroughly clean all equipment
- Label appropriately
- Know what is in the food.

Prevention Matters

Cooking does not reduce chance of allergic reaction.

Plan:

Remain calm.
Call 911.

What is your plan?



