

FOOD SAFETY CLASS

Environmental Health Division
Tompkins County Health Department



Adapted from materials developed by the Broome County Health Department.

POTENTIALLY HAZARDOUS FOODS

(Foods that support the growth of microorganisms)

- Milk and milk products
- Eggs
- Shellfish and crustaceans
- Fish
- Baked potatoes
- Sliced tomatoes and cut melons
- Textured soy protein in meat alternatives
- Meat such as beef, pork and lamb
- Poultry
- Raw sprouts and sprout seeds
- Heat treated plant foods like rice, beans and vegetables
- Tofu or other soy protein
- Untreated garlic-in-oil mixtures

PROPER HAND WASHING

- Water should be as hot as you can comfortably stand, approximately 100° F
- Lather your hands for 10 to 15 seconds before rinsing (the time it takes to sing “Happy Birthday”)
- Use a paper towel to turn the faucet handles off so you don’t recontaminate your hands
- Use hand antiseptics only after washing your hands, *not* as a substitute for hand washing

HANDWASH STATION

- Use an insulated beverage container with a bottom pour spout
- Water flow must be controlled by a flip lever or stopcock. It cannot be a push button
- Waste water must be collected in a container, such as a 5 gallon pail. No discharge of waste water onto the ground
- Soap (not hand sanitizer) and paper towels must be provided for hand washing and hand drying



WHEN TO WASH HANDS

- Before starting work
- After using the restroom
- After touching any part of your body
- After sneezing, coughing or using a tissue
- After smoking, eating, drinking or chewing gum or tobacco
- After handling chemicals that might affect the safety of food
- After taking out garbage
- Before and after handling raw meat, poultry or fish
- After touching anything else that may have contaminated your hands

PROPER GLOVE USE

- Gloves must fit properly
- Gloves cannot be reused
- Always wash hands before putting gloves on or picking up a new pair
- Gloves must be changed:
 - When they become soiled or torn
 - When beginning a different task
 - Every 4 hours, or more often when necessary
 - After handling raw meat and before handling cooked, ready-to-eat food
 - Whenever they have become contaminated

PERSONAL CLEANLINESS & ATTIRE

- Dirty hair can harbor pathogens
- Wear a clean hat or hair restraint
- Wear clean clothes
- Remove your apron when leaving the food prep area to use the restroom, when taking a break, or when taking out the trash.

EATING, DRINKING, SMOKING & CHEWING GUM OR TOBACCO

- Prohibited when preparing or serving food
- Prohibited in area for cleaning utensils and equipment
- This is because saliva can be transferred to employee's hands or directly into food

REPORT ILLNESS & INJURY

- Before starting work
- Immediately when you become ill during work
- **DO NOT WORK IN FOOD SERVICE IF YOU ARE ILL**

CROSS-CONTAMINATION

- Defined as the transfer of microorganisms from one food or surface to another
- Prevention:
 - Use specific cutting boards for raw, uncooked food – such as meat – and a different set for ready-to-eat foods, like apples
 - Clean and sanitize work surfaces, equipment and utensils after each use
 - Prepare raw meat, poultry and ready-to-eat foods at different times if you have only one prep table
 - Make sure that you clean & sanitize your prep area when switching to different foods.

TIME & TEMPERATURE

- Temperature range between 45° F and 140° F is known as the *food temperature danger zone*
- Minimize the time that food is in this temperature danger zone, because this is the temperature range that microorganisms multiply most rapidly.
- If food is in this temperature zone for more than 4 hours, throw the food out

REFRIGERATOR & FREEZER STORAGE

- Refrigerators and coolers must be operated so that potentially hazardous food is maintained at or below 45° F
- Do not overload refrigerators or freezers so there is no airflow around food stored in these units
- Store raw meats **below** ready-to-eat foods to help prevent cross-contamination
- Any ice used to keep foods cool must come from an approved source.

THAWING FROZEN FOODS: ACCEPTABLE METHODS INCLUDE

- Refrigeration
- Under cold running water
- As part of the cooking process –
ONLY IF under 3 pounds
- In the microwave oven if it will be
cooked immediately after thawing.

PREPARATION

- Use pasteurized shell eggs or egg products for egg dishes that require little or no cooking especially for high risk populations
- Produce
 - Do not prepare next to raw meat, poultry or eggs
 - Clean and sanitize workspace and utensils that will be used
 - Wash thoroughly under cold running water to remove dirt and other contaminants

MINIMUM COOKING TEMPERATURES

- Poultry and stuffed meats: 165° F
- Pork: 150° F
- Rare roast beef: 130° F
- Eggs and foods containing eggs: 145° F
- Ground beef: 158° F
- All other potentially hazardous foods: 140° F

KEEPING COOKED FOOD SAFE

- Cooking does not destroy bacterial spores or toxins
- A cooked food item is not necessarily safe
- Proper sanitation and temperature control at all stages are vital to ensure safety

HOT HOLDING

- All potentially hazardous foods must be kept at or above 140° F after they have been cooked.
- Rare roast beef can be held hot at 130° F only the first time it is served
- Check at least every 4 hours. Checking every 2 hours will leave room for corrective action

METAL STEM THERMOMETER

- Dial face should be a minimum of 1 inch in diameter
- Must be calibrated to 2° F or 1° C
- Temperature range: 0 to 220°F
- Minimum stem length should be 5 inches
- You must check it to make sure it is accurate – use ice water and recalibrate to 32°F if necessary

REHEATING

- Potentially hazardous foods, including roast beef, that have been previously cooked then cooled down must first be reheated to 165° F in 2 hours time or less
- This reheated potentially hazardous food must then be held hot at 140° F or above
- Commercially processed potentially hazardous food, such as hot dogs, can be heated to 140° F within 2 hours the first time only

PROPER STORAGE OF FOOD & DISPOSABLES

- All food containers including coolers are to be stored a minimum of 6 inches off the ground
- All disposable items which include styrofoam plates, paper plates, plastic forks, spoons and knives must be stored a minimum of 6 inches off the ground

THREE BASIN SINK

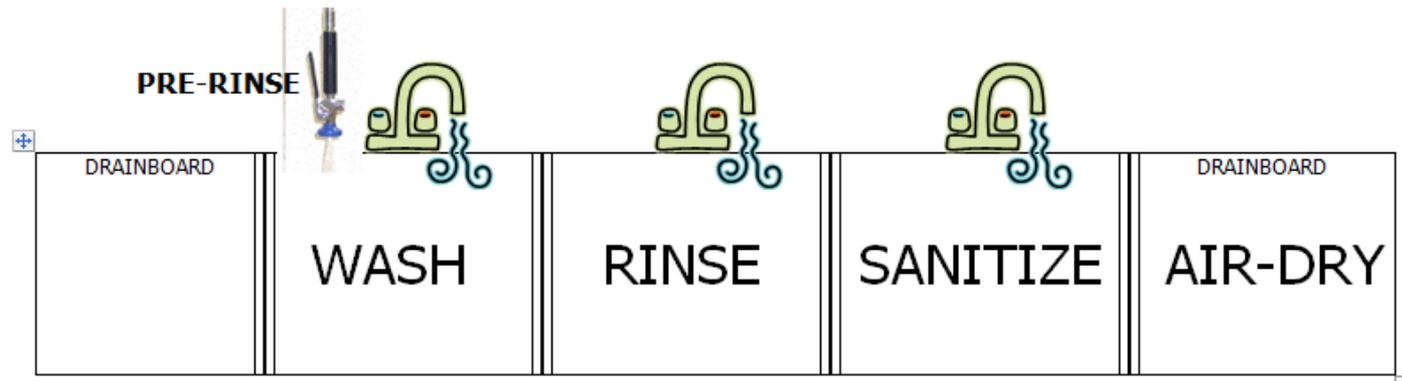
(see next slide for illustration)

- First: wash with soap or detergent in the first basin
- Second: rinse with plain water in the middle basin
- Third: sanitize with an acceptable sanitizing agent in the last basin
- Last: air dry all items
- Use commercial sanitizers as per manufacturer's instructions
- For sanitizing food contact surfaces, the sanitizer strength must be twice that used for immersion sanitizing

THREE BASIN SINK ILLUSTRATION

Approved Method for Hand Washing Dishes and Utensils

SCRAPE



1. SCRAPE AND PRE-RINSE all dishware and utensils with warm water before food can dry on surfaces. Pre-rinsing keeps wash water free from large food particles, loosens dried-on foods, reduces stains on dishes and saves on detergent.

2. WASH in first compartment with hot water at 110°F - 120 °F using a good washing detergent, brush and physical scrubbing. Change wash water often as it becomes dirty and loses the effectiveness of cleaning. *Washing detergent does not sanitize dishware and utensils.*

3. RINSE dishware and utensils in second compartment by immersion in clean hot water. In the rinse step, the washing detergent is rinsed off. Change the rinse water frequently. **DO NOT** rinse dishware and utensils in dirty water.

4. SANITIZE dishware and utensils in the third compartment by hot water or chemicals.

- **HOT WATER**
170 °F for 30 seconds.
Auxiliary heat and special baskets needed.
- **CHEMICALS**
75 - 110°F for 1 minute
 1. Bleach – 50 ppm
 2. Quaternary Ammonium – 200 ppm
 3. Iodine – 12.5 ppm

5. DRAIN AND AIR DRY
DO NOT towel dry. Towel drying re-contaminates dishware and utensils. Store cups, glasses, pots, and pans inverted in a clean, dry place. Store eating utensils with handles up in a clean dry place.

◆ 1 1/2 tsp. or 1/2 TBSP of 5.25% sodium hypochlorite (chlorine bleach) or Follow manufacturers' instructions to obtain 50ppm
ppm = parts per million

SAFE FOOD SAMPLING

- Use single portion samples prepared ahead of demonstration
- Operator hands out samples
- Sneeze guards or barrier over samples
- Utensils (tongs, toothpicks, shaker-type dispensers)
- Limit amount of food displayed
- Monitor consumers

MISCELLANEOUS ITEMS

- Vendor is responsible for cleaning up trash and garbage in and around the booth
- Vendor must take measures to control insects and dust

CONTINUE TO QUIZ

- Congratulations! You have completed the training portion of the process.
- Continue to the Quiz at:

<https://lfweb.tompkins-co.org/forms/TCEHTFSQuiz>