

Food Safety Takeaway

Chef Rick Schmitt, CDM, CFPP

1. Highly susceptible populations – elderly, children younger than 5 years old, pregnant women, and immune compromised people.
2. Regulation changes that went into effect July of 2016 – Food Protection Manager Certification, Date Marking, Proper Temperature Holding.
3. Five key factors that can lead to foodborne illness
 - a. Improper holding temperatures
 - b. Inadequate cooking
 - c. Using contaminated equipment
 - d. Food from unsafe or unapproved sources
 - e. Practicing poor personal hygiene
4. Person in Charge (PIC) – The food permit holder or their designee must insure that a certified food handler is on site during all hours of food preparation.
5. Employee Health - The person in charge and all food handlers must know what symptoms and diagnosis to report to their supervisor and what symptoms and diagnosis would exclude them from work.
 - a. Vomiting
 - b. Diarrhea
 - c. Jaundice
 - d. Sore throat with fever
 - e. Infected cuts, wounds, or lesions containing pus such as boils on hands, wrists, or other exposed body parts.
6. Employees must be excluded from work if they have a diagnosis of Norovirus, Hepatitis A, Shigella, E-Coli, or Salmonella. A food service establishment must have a written policy to exclude or reinstate employees that are diagnosed with these conditions.
7. Handwashing is the most important practice for good personal hygiene. Know how and when to wash hands – practice it and enforce it with all foodservice employees.
8. Only wash hands in handwashing-sinks.
9. Other good hygiene practices – eat, drink and smoke only in designated areas; wear hair restraints in food prep areas; keep fingernails clean and at the appropriate length; infected cuts and wounds should be kept clean and covered; jewelry should be removed when preparing food with the

exception of a smooth wedding band; personal items must be kept out of the food preparation area; and, wear clean clothing – remove aprons when leaving food prep area.

- 10.No bare hand contact with food products – ready to eat or during preparation.
- 11.Use suitable utensils to handle ready to eat foods.
- 12.Single-use gloves – wash hands before putting on gloves; change when worn, dirty or torn; or when changing tasks.
- 13.Use a thermometer during cooking, cooling, holding, and reheating. Insure proper temperatures are attained, and document appropriately.
- 14.Time/Temperature Control (TCS) Foods – The foods listed on this slide are considered Time/temperature control for safety (TCS) foods which means these foods require time and temperature controls to limit the growth of pathogens or the formation of toxins. These foods must be cooked, cooled, reheated, and/or held to the proper temperatures. These foods are the most likely to grow bacteria and make someone sick if it is not held, cooked, or handled properly.
- 15.Proper holding temperatures will ensure that Time/Temperature Control for Safety (TCS) foods are not in the temperature danger zone between 41°F and 135°F, while food items are held for further preparation and/or human consumption. Hot Foods must be maintained at or above 135 degrees Fahrenheit. Cold foods must be held at 41 degrees or below.
- 16.Regulation 61-25 , Section 3-401.11 states: raw animal foods such as eggs, fish, meat, poultry, and foods containing these raw animal foods, shall be cooked to heat all parts of the food to an appropriate temperature and for a time 15 seconds.
- 17.Poultry: { Chicken, turkey, duck) and stuffed foods such as stuffed pork chops or lasagna must be cooked internally to 165F
- 18.Beef, pork, fish, and eggs for immediate service must be cooked internally to 145F
- 19.Ground beef and eggs for hot holding must be cooked internally to 155F
- 20.Fruits and vegetables that are cooked for hot holding must be cooked internally to 135F
- 21.All leftovers that will be reserved on the next day must be reheated to 165°F. Ready to eat food taken from a commercially processed, sealed container must be reheated to at least 135°F for hot holding. (example: Hot Dogs)

22. Proper cooling temperature and approved cooling methods must be used to save leftovers. When you don't serve cooked food immediately, you must get it out of the danger zone as quickly as possible. That means cooling it quickly. Proper cooling temperatures will prevent microbial growth by helping to limit the time that food is exposed to temperature in the danger zone. TCS foods requiring cooling must be cooled quickly from 135F to 70F within 2 hours and from 70F to 41F within 4 hours.

23. Approved cooling methods include

- a. Using shallow pans (i.e. 4 inches or less deep). Please note the deeper the pan, the slower your food product will cool. The key is to cool food down quickly.
- b. Rapid cooling equipment such as ice paddles
- c. Stirring food consistently in an ice water bath until food reaches 41F before storing in the cooler.
- d. Adding ice and/or cold water as an ingredient to the food product.
- e. Cutting food product such as roast, whole turkey, into smaller or thinner portions
- f. When cooling in shallow pans in the cooler, insure that the containers are loosely covered so that the heat can escape.

24. Date Marking

- a. Food must be discarded within seven (7) days of the date that it was prepared or opened.
- b. Date of preparation or date opened count as DAY ONE (1)
- c. **Example #1:** Food prepared on June 1 must be used or discarded on June 7
- d. **Examples #2:** A new gallon of milk opened on April 1 must be used or discarded by April 7

25. Date marking is important because it controls the growth of Listeria, which is a bacterium that continues to grow even at refrigerated temperatures.

26. A food establishment may choose any marking method suitable to their operation, as long it is understandable to your employees and your inspector during the inspection. Examples:

- a. On the label, write "prep-6/1/17"
- b. On the label, write "prep-6/1/17 and use by 6/7/17"
- c. On the label, write "open-4/1/17"
- d. On the label write "open-4/1/17 and use by 4/7/17"

27. Proper Thawing

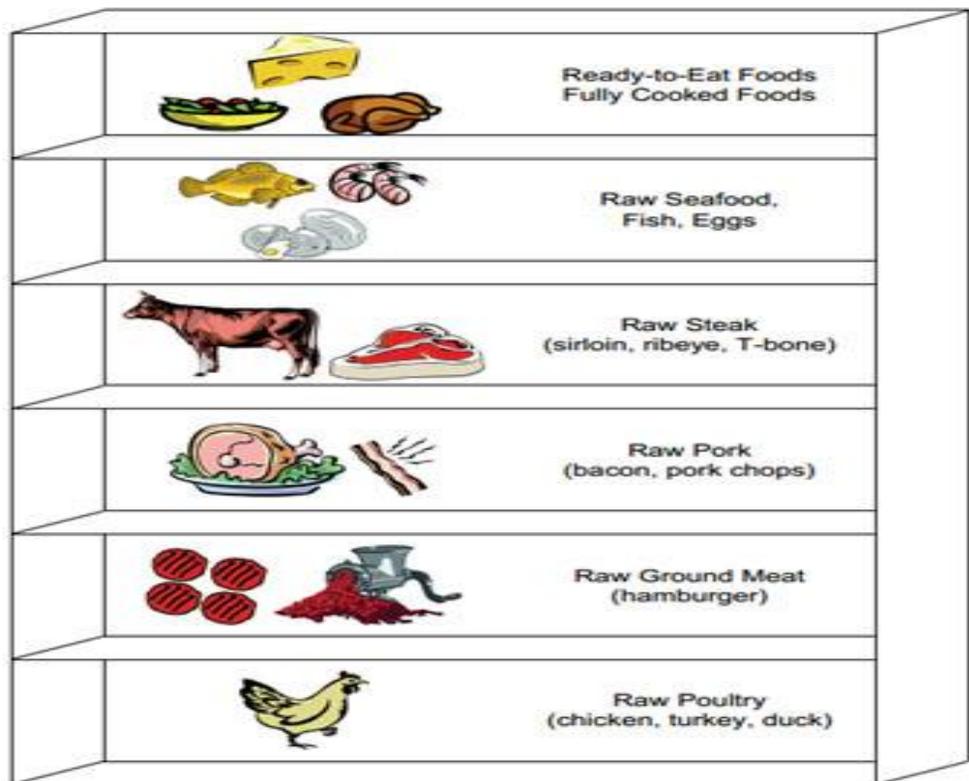
- a. under refrigeration at 41°F or below (Safest method)
- b. under cold running water at 70°F or below
- c. in the microwave, or
- d. as part of the cooking process

28. Bacteria and viruses can be spread from food or unwashed hands to prep areas, equipment, utensils, and other food. Prevent cross contamination by:

- a. Using separate equipment
- b. Cleaning and sanitizing
- c. Prepping food at different times
- d. Buying prepared food
- e. Proper food and supply storage

29. Proper Food Storage

SAFE REFRIGERATOR STORAGE



30. Three Compartment Sink Manual Dish Washing

Step 1: Clean and Sanitize Sinks and Drain boards

Step 2: Pre-flush or Pre-Scrape utensils/dishes of excess debris.

Step 3: Fill 1st Compartment with detergent and hot water and WASH dishes thoroughly

Step 4: Fill 2nd Comp. with warm to hot water and RINSE dishes thoroughly

Step 5: Fill the 3rd Comp. with a chemical sanitizer and SANITIZE dishes thoroughly for at least 30 seconds

Step 6: Let dishes AIR DRY

31. Appropriate Sanitizer Solutions

- a. Chlorine: 50 to 200 parts per million (PPM)
- b. Quaternary Ammonium: 150 to 400 parts per million (PPM) or 200 to 400 PPM-Must follow the manufacturer's instructions (typically 200 to 400 PPM or 150 to 400 ppm)
- c. The only way to know if your sanitizer is at the appropriate sanitizer concentration is to test it with your test kit

32. Other Key Risk Factors that inspectors look for

- Insuring that food contact surfaces and equipment are clean
- Insuring that non-food contact surfaces and equipment clean
- If applicable, insuring that your dish Machine (low or high temperature) is operating according to data plate
- No expired food items
- Insuring that food isn't molded or contaminated by any foreign objects, insects, etc.
- Insuring that hot water at hand-sink is 100F minimum
- Insuring that hand washing signs are at all hand-sinks used by employees
- Insuring that food is stored properly: in clean/dry area, not under exposed plumbing, away from contamination, at least 6 inches off of the floor
- Insuring that single service items are stored properly: in clean/dry area, not under exposed plumbing, away from contamination, covered or in its original protective covering, at least 6 inches off of the floor.
- Overall cleanliness of the facility: Clean, clutter free
- No insects and/or rodents present (or evidence)
- Insuring that outside of premises is clean: Neat, clutter free, no trash on ground
 - Insuring that dumpsters are closed and dumpster plugs are installed
 - Insuring that walls, ceilings, and floors in good repair
- Insuring that non-food contact and food contact equipment in good repair