Basic Food Safety Training Slides

HARVEST

SUPPORT NETWORK

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Basic Food Safety Training Video

For workers who may be involved with transporting food or working in a Food Pantry but are not directly involved with food preparation.

Training Video will cover

Why food safety is important & your role in keeping food safe

1. **Good Personal Hygiene**
2. **Time and Temperature control**
3. **Cross Contamination and Food Security**
4. **Cleaning and Sanitizing**

Why Food Safety is Important & Your Role in Keeping Food Safe

- Everyone receiving food from your organization trusts you to help keep them safe.
- To keep food safe, there are three basic types of hazards that need to be addressed.
- Training will address preventative measures to protect food from these three hazards.

3 Types of Hazards	Examples	Preventative Measures
Biological	• Bacteria, • Viruses, • etc.	• Good Personal Hygiene, • Time and Temperature, • Preventing Cross Contamination, • Proper Cleaning & Sanitation
Chemical	• Contamination from cleaners, • sanitizers, • etc.	• Proper Storage Practices, • Preventing Cross Contamination
Physical	• Contamination by foreign objects	• Proper cleaning, • Food Security, • Preventing Cross Contamination

Your Role
1. Practice good personal hygiene 2. Control Time and Temperature when required 3. Prevent Cross Contamination and keep food secure 4. Keep surfaces Clean and Sanitized

1. Practice Good Personal Hygiene

1. **Practice Proper Hand Washing**
    1. Wet your hands in hot running water
    2. Use enough soft soap or bar soap to let you work up a good lather
    3. Wash hands and arms, between fingers, back of hands, and nails for 10 to 15 seconds
    4. Rinse hands and arms thoroughly using warm running water
    5. Dry your hands using paper towels or hand dryer

2. **Always wash your hands again when they become contaminated**

3. **Always wear clean clothes to avoid contamination of food**

4. **Do not work when sick**
    1. If you are sick you could contaminate food and equipment which could make co-workers and those receiving your food sick.

5. **When working in a food preparation area, wear a hat or hair-net and remove jewelry**

2. Time and Temperature Control

Hazardous Foods

Some foods allow more bacteria growth than others and these potentially hazardous foods require proper time and temperature controls to prevent bacteria from growing to dangerous levels.

Potentially hazardous food most likely to become unsafe and therefore require both time and temperature control include;

1. Dairy Products
2. Poultry, meat, seafood
3. Heat treated plant food such as baked potatoes and vegetables
4. Sliced melons, tomatoes and leafy greens
5. Sprouts and sprout seeds

Lower risk foods that are not impacted by the temperature danger zone as significantly as hazardous food include;

1. Whole Fruits
2. Dried Pasta
3. Bread
4. Cereal

2. Time and Temperature Control

Temperature Danger Zone for Hazardous Foods

The Temperature Danger Zone ranges from 41℉ to 135℉

Potentially hazardous food must remain outside of this temperature range to help avoid rapid bacteria growth

1. **Keep Cold foods Cold!**
    a. Cold food must be held below 41°F, Frozen at 0°F
    b. Freezing at 0°F prevents additional bacterial growth
2. **Keep Hot foods Hot!**
    a. Hold hot cooked foods between 135°F and 165°F until serving time.
    b. Harmful bacteria can grow rapidly below 135°F
    c. When food is cooked to 165°F to 212°F, most food poisoning bacteria is killed.
3. **Follow 2-Hour Rule**
    a. The maximum time for leaving prepared food at room temperature is 2 hours
        i. 2 hours includes time for preparation, serving and eating.
        ii. Discard any perishable foods left at room temperature longer than 2 hours

2. Time and Temperature Control

Temperature Danger Zone for Hazardous Foods

The Temperature Danger Zone ranges from 41℉ to 135℉

Time and Temperature control is important when transporting, receiving, storing, and distributing food

1. Use proper insulated containers to transport cold and frozen food.
2. Frozen food should be frozen when received. Temp must be 0°F.
3. Cold food that requires temperature control must be 41°F or lower
4. Temperature in refrigerators and freezers must be monitored for food requiring temperature control when used to store foods requiring temperature control.
5. Cold Held foods must be held below 41°F and Hot Hold foods must be held above 135°F.
   a. If temperature control is not used for Cold and Hot Hold foods, follow 2 hour rule.

While it is admirable to not waste good food, be careful to avoid food-borne illness in the process. When in doubt, throw it out.

2. Time and Temperature Control

Checking Food and Equipment Temperature

The Temperature Danger Zone ranges from 41℉ to 135℉

Calibrated Thermometers are required for checking food and equipment temperatures

1. Thermometers must be calibrated and calibration must be logged.

Food temperature checked by one of the following techniques

1. **Temp food without penetrating food wrapper**
   a. Put thermometer probe between two packages to check temp
2. **Temp food by inserting thermometer probe directly into food**
   a. Thermometer probe must be cleaned and sanitized or wiped with alcohol swab prior to inserting into food
   b. If thermometer probe is not sanitized, discard food.

Monitor food temperature in coolers and freezer with thermometer or temperature gauges.

Temperature control logs are to be maintained to document temperature when food is received and twice per operating day for food stored in refrigerators, freezers and the dry storage area.

2. Time and Temperature Control

Proper Labeling and Rotation

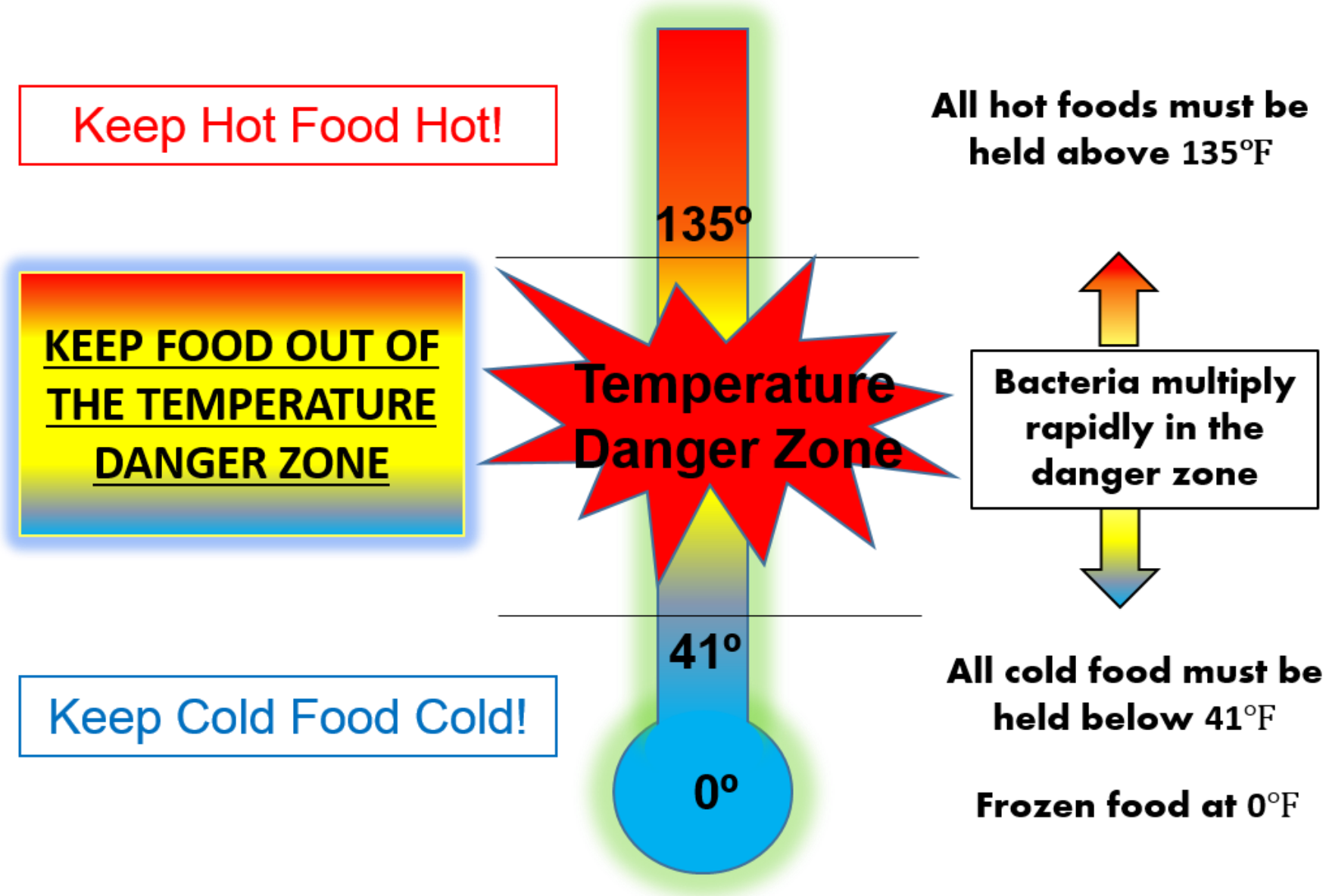
Proper labeling and rotation of food is required to manage food's time limitations

1. All foods must be labeled with description of food and date
2. Food must be rotated in storage using first in, first out (FIFO)

Shelf life standard for the amount of time and temp at which food donations should be stored before use and expiration guidelines that reference manufacturer dates are available from a number of sources.

Proper labeling and tracking of food is required if a product recall notification is received to allow

1. Identification if recall item is on hand
2. If on hand, to locate and dispose of recalled product in proper manner


Keep Hot Food Hot!
All hot foods must be held above 135°F
135°
KEEP FOOD OUT OF THE TEMPERATURE DANGER ZONE
Temperature Danger Zone
Bacteria multiply rapidly in the danger zone
41°
Keep Cold Food Cold!
All cold food must be held below 41°F
0°
Frozen food at 0°F

3. Cross Contamination & Food Security

Avoiding Cross Contamination

First step to avoid cross contamination is to inspect food when picked-up or received.

1. Reject items if the packaging is dirty, water stained, leaking or discolored.
2. Packaging should not have holes, tears, or other types of damage.

When transporting food, make sure food is carried in proper containers and that food is under your control at all times.

1. Monitor others helping you load food into your vehicle and lock doors when away from vehicle and food is inside.

Food should only be stored in areas designated for food and should be at least six inches from the floor.

Always store chemicals and cleaning supplies in area separated from food storage

Chemicals and sanitizers must be clearly labeled to avoid cross contamination

4. Cleaning and Sanitizing

Cleaning and Sanitizing are two different things.

1. Cleaning removes food and other dirt from a surface.
2. Sanitizing reduces microorganisms to a safe level.

Any surfaces where packaged food is handled must be clean.

1. Example is a table top used to remove packaged product from a transport container prior to placing packaged product in a refrigerator or freezer must be cleaned.

Any surfaces that unpackaged food comes in direct contact with must be both cleaned and sanitized

1. Example is all food preparation surfaces used to handle raw and unpackaged food must be both cleaned and sanitized**.**

When to Clean and Sanitize food-contact surfaces

1. After you are done using them
2. Before you start working with a different type of food
3. Any time you are interrupted during food handling process and surfaces may have been contaminated
4. After four hours if the items have been in constant use