

# Safe Food Handling

## When to Wash Your Hands

### AFTER:

- Using the bathroom
- Smoking, eating, or drinking
- Coughing, sneezing, blowing or touching nose
- Touching head, hair, mouth, cuts, or sores
- Touching raw poultry, meats, or fish
- Touching trash, floors, etc.
- Touching dirty dishes, equipment, or utensils
- Touching chemicals, animals, or money
- Doing any task that may contaminate hands

## Cleaning and Sanitizing of Food-Contact Surfaces

- Clean and sanitize food-contact surfaces
- Use proper sanitizer concentrations: 50-200 ppm for chlorine bleach and 200 ppm for quaternary ammonia compounds
- Use test strips to check for proper sanitizer concentration

## Time and Temperature Control

- Cold-holding at or below 41°F
- Hot-holding at or above 135°F

### Cooking temperatures:

- Whole muscle meats (beef, pork, fish), eggs for immediate service to 145°F
- Ground beef or pork to 155°F
- Poultry, stuffed meats, stuffed pasta, to 165°F
- Reheat foods to 165°F

## Observe Good Hygienic Practices

- Keep food and drinks out of food preparation areas
- Wear clean clothing and hair restraints
- Wash hands only in the hand sink, and don't use the hand sink for anything else
- Do not wipe hands on cloth towels or aprons
- Keep fingernails trimmed, neat, and clean
- Cover open cuts or sores with a finger cot and/or single-use glove

## Manual Cleaning and Sanitizing of Dishes, Utensils, and Kitchen Ware

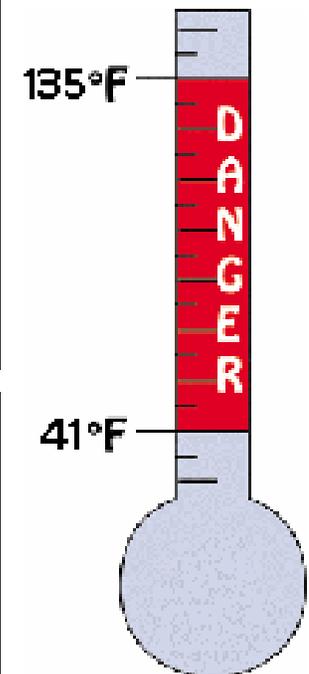
- Clean sink, sanitize if needed
- Scrape off any excess food on item
- Wash thoroughly with dish soap
- Rinse with clear water
- Sanitize in approved sanitizer (use test strips to check for proper sanitizer concentration)
- Allow to air dry before nesting

## Proper Thawing

- In refrigerator.
- As a part of cooking process.
- Under running water
- In microwave oven, followed by an immediate cooking process.

## Cooling

<b>RIGHT!</b>	<b>WRONG!</b>
Shallow pans	Large containers
Ice bath	On Counter
Freezer sticks	Covering while still hot
2-stage cooling	
Stage 1: Cool from 135°F to 70°F within 2 hours	
Stage 2: In 4 more hours cool from 70°F to 41°F	



# Safe Food Handling

## Preventing Cross-Contamination

- Separate raw fish, poultry, meats and eggs from ready-to-eat foods
- Use different cutting boards for raw meats, cooked meats, and vegetables
- Store raw meats according to required safe cooking temperatures: Seafood on top, then steaks, pork chops, ground beef, and finally stuffed meats and poultry

## Proper Handwashing

- Wet hands with warm water
- Apply soap
- Rub lathered hands and arms vigorously for 20 seconds
- Rinse hands
- Dry hands with a single-use paper towel
- Turn off water with a paper towel
- Wash hands twice if heavily contaminated or after using a restroom

## Symptoms of Foodborne Illness

- Vomiting
- Diarrhea
- Fever
- Jaundice (Hepatitis A)

Report illness to manager and  
**DO NOT HANDLE FOOD**



## Equipment Needed in Food Service Facilities

- Probe-style thermometer to check food temperatures
- Thermometers in each temperature-controlled piece of equipment
- Sanitizer and appropriate test strips to check concentration

## Proper Glove Use

- Thoroughly wash hands before putting on gloves and when changing gloves
- Change gloves when changing tasks or if gloves become contaminated
- Do not save and reuse disposable gloves—once they have been taken off, discard them and put on a new pair

## NO Bare Hand Contact with Ready-To-Eat Foods!

*Prevent bare hand contact by the use of:*

- |               |                      |
|---------------|----------------------|
| • Deli tissue | Single-use gloves    |
| • Spatulas    | Dispensing equipment |
| • Tongs       | Forks                |