



Cooper County Food Handler Supervisor Class

Presented by Sue Wilman and

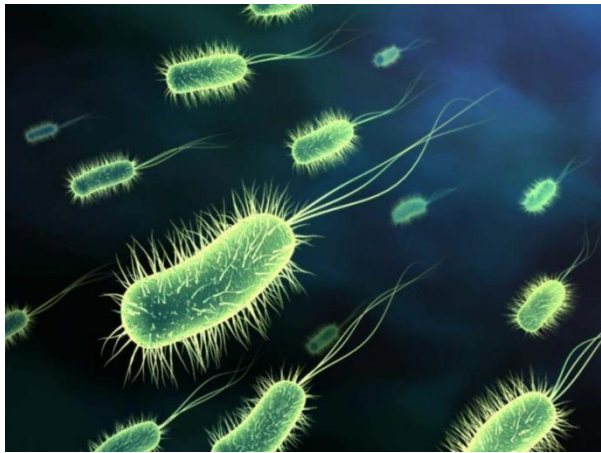
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Updated October 2013

Starting Out With Food Safety



Foodborne Illness

- Disease transferred to people by food
- Types of hazards
 - Biological
 - Bacteria, viruses, fungi
 - Physical
 - Hair, metal
 - Chemical
 - Cleaning/sanitizing agents



Potentially Hazardous Foods

- Food that supports the growth of microorganisms
 - Dairy products
 - Eggs
 - Meats, shellfish, poultry
 - Raw seed sprouts
 - Cut leafy greens
 - Cut tomatoes or mixture of cut tomatoes
 - Cut melons
 - Garlic-in-oil mixtures



How Food Becomes Unsafe

- Time and temperature abuse
 - Temperature danger zone
- Cross-contamination
 - Improper handling and storage of food
- Poor personal hygiene
 - Improper handwashing
 - Jewelry
 - Smoking



Keeping the Flow of Food Safe

- Receiving
- Storing
- Preparing
- Cooking
- Holding
- Serving
- Cooling
- Reheating





Basics of Food Safety

- Keep things clean and sanitized
- Practice good personal hygiene
- Wash hands thoroughly and frequently
- Minimize the time food spends in the temperature danger zone
- Prevent cross-contamination

Ensuring Proper Personal Hygiene



How Employees Can Contaminate Food

- Failing to wash hands after using the restroom
- Touching hair, face, or body and then touching food
- Coughing or sneezing near food
- Touching or scratching a cut and then touching food
- Touching **anything** that can contaminate food





Personal Cleanliness Practices

- Report illnesses
- Shower or bathe daily
- Bandage and cover any cuts or abrasions
- Clean and trim fingernails
- May wear nail polish and false fingernails if wearing gloves



- Leave all jewelry at home-except for a plain ring such as a wedding band
- Wear clean uniforms and aprons
- Avoid eating, drinking, or smoking on the job
- Wear hair and/or beard restraints when working with food

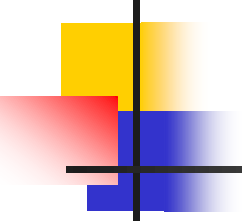





When to Wash

- After using the restroom
- Before and after handling raw food
- After touching hair, face, or body
- After coughing and sneezing into your hand
- When switching from one task to another
- After handling chemicals
- Before and after changing gloves



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- After bussing tables
 - After handling garbage
 - Before and after your break
 - After eating, drinking, or smoking
 - Anytime you come in contact with **anything** that can contaminate food



Where to Wash



- In a designated handwash sink
 - Signage
 - Hot water
 - Soap
 - Paper towels
 - Trash can
- Never in a sink used for food prep or dish washing



How to Wash

- Wet hands in hot running water
- Apply soap
- Rub hands together at least 20 seconds
- Clean under fingernails and between fingers
- Rinse under running water
- Dry hands



Proper Glove Usage



- Gloves should not be used in place of handwashing
- Change gloves:
 - When they are soiled or torn
 - Before beginning a different task
 - After handling raw meat and before handling cooked or ready-to-eat food

Purchasing, Receiving, and Storing



Purchasing

- Good, reliable supplier
- Safe food



How to Calibrate a Thermometer



- Ice point method
 - Fill large container with crushed ice. Fill with tap water. Stir well.
 - Put thermometer stem into water until indicator stops moving.
 - Hold calibration nut with wrench and turn thermometer head until it reads 32°F.

When to Accept or Reject a Delivery

- Check for:
 - Damaged containers
 - Temperature
 - Color
 - Texture
 - Mandatory stamp





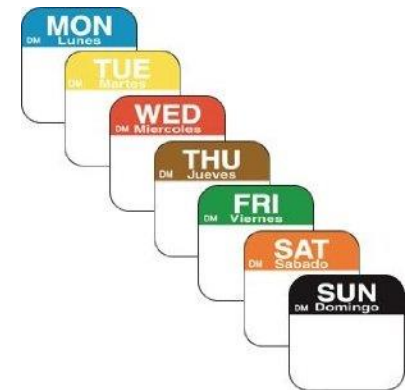
How to Properly Store Food

- As quickly as possible
- Refrigerator storage
 - Temperature should be 41°F or lower
 - Anything opened should be labeled and dated
 - Store ready-to-eat foods above raw meats
- Dry storage
 - Area should be clean, cool, and dry (50°F to 70°F)
 - Shelves should be 6 inches from the wall and above the floor

Date Labels



- Label ready-to-eat, potentially hazardous foods 7 days from preparation or opening for discard





Except-the following foods prepared and packaged by an inspected food processing plant

- Deli Salads

- Ham salad
- Seafood salad
- Chicken salad
- Egg salad
- Pasta salad
- Potato salad
- Macaroni salad

- Some Cheeses

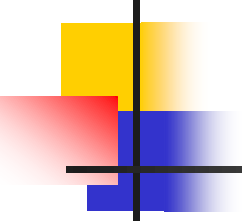
- Hard cheese: cheddar, gruyere, parmesan, reggiana, romano
- Semi-soft: blue, edam, gorgonzola, gouda, monterey jack
- Cultured dairy products: yogurt, sour cream, buttermilk

See Missouri Food Code 3-501.17 for more information

Storage

- FIFO
 - First in, first out
- 6" off the floor



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- ****If the food isn't safe when it comes into the establishment, there is nothing you can do to make it safe.****



Preparing, Cooking, and Serving



Key Practices

- Thawing
- Cooking
- Holding
- Serving
- Cooling
- Reheating



Thawing



- Under refrigeration at 41 °F or lower
- Under running drinkable water at 70 °F or lower
- In a microwave if cooked immediately
- As part of the cooking process

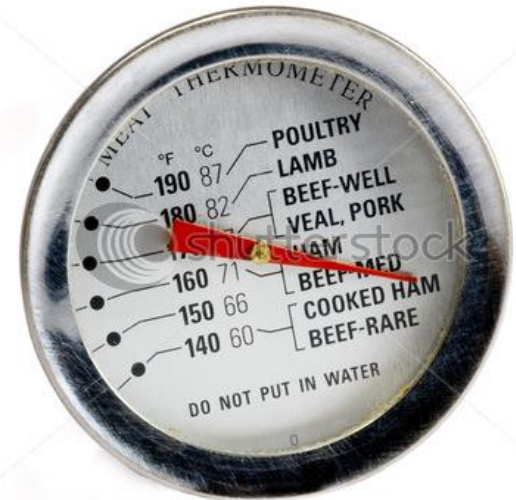
Preparing

- Prepare food in small batches
- Store prepared foods as quickly as possible



Cooking

- Cook to the minimum internal temperature
 - Poultry 165°F
 - Ground beef 155°F
 - Pork 145°F
 - Beef 145°F
 - Fish 145°F



Holding

- Hot holding
 - 135°F or higher
- Cold holding
 - 41°F or lower
- Check temperatures every 4 hours
- Temperature danger zone
 - 41°F to 135°F



Serving

- Buffets

- Sneeze guards
- Place to return utensils
- Labels
- Separate raw food from ready-to-eat food



Cooling

- From 135°F to 70°F within 2 hours
- From 70°F to 41°F within 4 hours
- Methods of cooling
 - Use smaller containers
 - Ice water bath
 - Ice paddles
 - Add ice/cold water as an ingredient
 - **Never** cool at room temperature



Reheating

- To 165°F for 15 seconds within 2 hours



Cleaning and Sanitizing





Cleaning vs. Sanitizing

- Cleaning
 - Removes food debris
- Sanitizing
 - Decreases the number of microorganisms
- All food contact surfaces must be cleaned and sanitized
 - After every use
 - When beginning work with another type of food
- Clean and sanitize equipment every 4 hours

Sanitizers

- Heat
 - Dishwashers
 - Water temperature at or above 171°F
- Chemicals
 - Chlorine
 - Iodine
 - Quaternary ammonium compounds (quats)



Sanitizers

- Test strips
 - Specific for the sanitizer
 - Test for correct concentration
- Wiping cloths kept in sanitizer
- Store all chemicals away from food





Sanitizer Effectiveness

- Dependent upon:
 - Temperature of the water
 - Time sanitizer is in contact with the item
 - Concentration of the sanitizer

Manual Dishwashing

- Clean area
- 3 compartment sink
- Wash/rinse/sanitize
- Air dry



WASH, RINSE and SANITIZE pots, pans, glasses, dishes and utensils.



Dishwashing Machines

- Detergent and sanitizer levels-warewashing machines installed after January 2000 must have a visual or audible alarm to signal if the detergents and sanitizers are not delivered.
- Water temperature and pressure
 - All set to manufacturer recommendation
- Clean machine
 - Use acid cleaner to remove scale
- Don't overload dish racks





Storing Clean Items

- Everything must be 6 inches off the floor
- Drawers and shelves must be cleaned and sanitized
- Clean equipment and utensils stored covered or inverted
- Silverware and utensils stored with handles up

Storing Cleaning Supplies

- Away from all food, clean equipment and clean dishware
- All cleaning solutions not stored in their original containers must be labeled

