

FOOD SAFETY CLASS

Broome County Health Department

Division Of Environmental Health Services

Mark Mancini
Senior Public Health Sanitarian

BCHD Condensed Food Safety Class
2010

1

TCS FOOD (TIME/TEMPERATURE CONTROLLED FOR SAFETY)

- These foods can support the growth of microorganisms
- These foods were previously called potentially hazardous foods

BCHD Condensed Food Safety Class
2010

2

FOODS THAT SUPPORT THE GROWTH OF MICROORGANISMS-TCS FOOD

- 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

BCHD Condensed Food Safety Class
2010

3

PROPER HAND WASHING

- Water should be as hot as you can comfortably stand, approximately 100° F
- Wash your hands for 10 to 15 seconds
- Use the paper towels that you dried your hands to turn of the faucet handles so you don't recontaminate your hands
- Use hand antiseptics after washing your hands and don't use it as a substitute for hand washing

BCHD Condensed Food Safety Class
2010

4

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
- A waste water container must be used for example a 5 gallon pail. No discharge of waste water onto the ground
- Soap and paper towels must be provided for hand washing and hand drying

WHEN TO WASH HANDS

- Before starting work
- After using the restroom
- Touching any part of your body
- Touching, 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
- 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
- Wash hands before putting gloves on or changing to a new pair
- Hand washing must always be done with glove use
- Gloves must be changed:
 - When they become soiled or torn
 - 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 AND ATTIRE

- Shower or bathe daily
- Dirty hair can harbor pathogens
- Wear a clean hat or hair restraint
- Wear clean clothes
- When leaving the food prep area to use the restroom or take out the trash, remove your apron

EATING, DRINKING, SMOKING AND CHEWING GUM OR TOBACCO

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

REPORTING ILLNESS AND 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 food and a different set for ready-to-eat foods
 - 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 only have one prep table

TIME AND TEMPERATURE

- Temperatures between 45° F and 140° F is known as the temperature danger zone
- Minimize the time that food is in this temperature danger zone
- If food is in this temperature zone for more than 4 hours, throw the food out

REFRIGERATOR AND FREEZER STORAGE

- Refrigerators 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 so that ready to eat foods are not contaminated (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 – If under 3 pounds
- In the microwave oven

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
- Cooking does not destroy bacterial spores or toxins

HOT HOLDING

- All potentially hazardous foods must be hot held at or above 140° F
- Rare roast beef can be hot held at 130° F. the first time only
- Check at least every 4 hours, checking every 2 hours will leave room for corrective action

BCHD Condensed Food Safety Class
2010

17

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

BCHD Condensed Food Safety Class
2010

18

REHEATING

- Potentially hazardous foods must be reheated to 165° F in 2 hours time or less
- This reheated potentially hazardous food can then be hot held at 140° F or above
- Commercially processed potentially hazardous food can be heated to 140° F within 2 hours the first time only

BCHD Condensed Food Safety Class
2010

19

PROPER STORAGE OF FOOD AND 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, plastics forks, spoons and knives must be stored a minimum of 6 inches off the ground

BCHD Condensed Food Safety Class
2010

20

THREE BASIN SINK

- First: wash with soap or detergent in the first basin
- Second: rinse with just 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

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