

FOODSERVICE SANITATION

Introduction to Food Safety



Why is Food Safety Important?

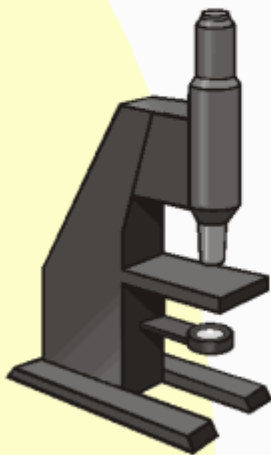


- It affects you and your health
- It affects your co-workers and employees
- It affects your customers

What is Foodborne Illness?

- An illness caused by small living microorganisms and carried in food to people who eat it.
- Commonly known as “food poisoning,” it is caused from eating contaminated or improperly handled food.
- Contamination results from disease carrying germs to food or water by humans, rodents or insects.

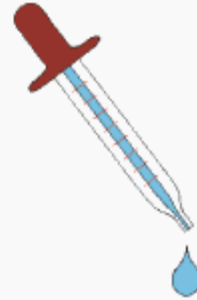
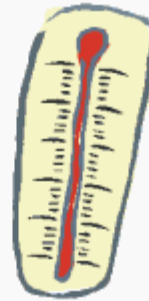
Principal Causes:



- **Bacteria** that occur naturally in food
- **Viruses** - also occur in food
- **Parasites** - microorganisms that need a host to survive
- **Fungi** - includes examples such as mold and yeast

Conditions for Bacterial Growth

- A Source - Food
- Time
- Temperature
- Moisture



Where in our operations can food become contaminated?

- When Receiving groceries
- In storage areas
- During preparation
- When cooking
- When holding in advance of meal
- During meal service
- When cooling

Frequent Causes of Illness

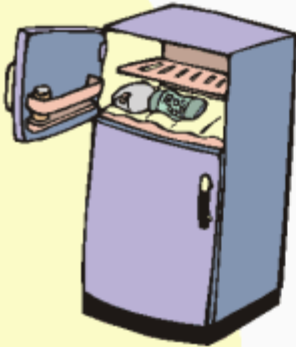
- Food left in **danger zone** too long
- Failure to cool food properly
- Failure to cook or heat to proper temperature
- Contaminated worker: poor hygiene
- Food prepared too far in advance
- Raw food mixed with prepared food
- Cross-contamination

The Danger Zone



- The temperature range where bacteria can grow - quickly!
- Cold foods should be kept at or below **40° F**
- Hot foods should be kept at or above **140° F**

Cooling food properly



- Food should always be cooled under refrigeration.
 - ◆ Place food in shallow pans and cover
 - ◆ Place food on top shelf of cooler
- Never leave food out on the counter to cool to room temperature
- **Never** cool food in large amounts. This greatly increases the cooling time

Heating to Proper Temperature



- Foods should be heated as quickly as possible to above 140° F
- Foods should **never** be heated in a steamtable
- When heated to proper temperature, foods should be held at a safe serving temperature.

Use Good Hygiene

- Wash your hands often:
 - ◆ when switching tasks
 - ◆ after using the restroom
 - ◆ after smoking or eating
- Wear a clean uniform and apron
- Keep hair covered or use hair restraint, such as a hairnet
- Don't work if you are sick
- Keep cuts covered and dry

Advance Preparation



- Don't prepare foods too far ahead of serving time
- Properly store prepared foods at the right temperature:
 - ◆ Cold foods at or below 40° F
 - ◆ Hot foods at or above 140° F

Don't Mix Foods

- Foods that are raw should not be mixed with foods that have been cooked.
- Raw foods may have germs that will contaminate the cooked foods.
- Failure to keep foods separate may result in "Cross-Contamination."

Cross-contamination

- May be caused when one hazardous food comes in contact with other food. For example:
 - ◆ raw chicken is cut on a cutting board, and the cutting board is used to prepare a cold salad
 - ◆ a cook makes hamburgers from ground beef, and then slices tomatoes without washing his/her hands between tasks
 - ◆ shrimp are placed on the top shelf of the cooler to thaw, and drips onto lettuce stored below it
- Any of these examples could lead to foodborne illness by cross-contamination

This ends the Intro to Food Safety Module.

Thanks for participating!