Food Handler Training
Food Safety: What is it?

Food safety is a scientific discipline describing handling, preparation, and storage of food in ways that prevent foodborne illness. This includes a number of routines that should be followed to avoid potential health hazards.
What’s the Point?

• Provide food handlers with the necessary **Skills** and knowledge of food safety and hygiene matters relevant to their Club activities to provide safe food to the SWC community
Outline

• Major Causes of Foodborne Illness
• Health & Hygiene
• Protection from Contamination
• Time & Temperature Control
• Proper Food Storage
• Review & Exam
BUT WAIT!
Have you filled out an Activity Request???

- You cannot hold an event on campus without an Activity Request
- Requests must be filled out at least 2 weeks in advance
- You also must indicate if food will be served/sold at the event
- Online Activity Request form can be found here (under “Contracts & Forms”):
Major Causes of Foodborne Illness
Take a Guess?

• Ten riskiest foods regulated by the FDA
  1.
  2.
  3.
  4.
  5.
  6.
  7.
  8.
  9.
  10.
Take a Guess?

- Ten riskiest foods regulated by the FDA
  1. Leafy greens
  2. Eggs
  3. Tuna
  4. Oysters
  5. Potatoes
  6. Cheese
  7. Ice cream
  8. Tomatoes
  9. Sprouts
  10. Berries
5 Major Causes of Foodborne Illness

1. Poor personal **Hygiene**

2. Improper food holding temperatures

3. Improper cooking temperatures

4. **Contaminated** equipment

5. Foods from **Unsafe** sources
General Symptoms

- Abdominal pains
- Stomach cramps
- Diarrhea
- Vomiting
- Nausea
- Fever

*If anyone at your event is experiencing these symptoms, please notify Health Services ASAP*
What are germs, toxins & chemicals?

• **Germs** (pathogens): very small organisms (bacteria, viruses) that when consumed, can make you sick.
  – Example: Hepatitis A spread by not washing hands after using the bathroom

• **Toxins**: poisons produced by bacteria. They are not living organisms and are hard to destroy. It is important to destroy bacteria before this happens.

• **Chemicals**: substances that can be dangerous if eaten. They can get into food by accident. They are often found in kitchen cleaners, bleaches, sanitizing agents & insecticides.
How do Germs get into Foods?

- Some foods contain germs naturally: high temperatures will kill most of these germs.
  - *If cooked to proper temperatures*

- Cross Contamination: foods can be contaminated by dirty objects
  - I.E. using the same cutting board/utensils on raw food and produce

- Raw produce must be washed.

- Food Handlers are the #1 cause of the spread of germs to food
Health & Hygiene
Ways Food Handlers Can Spread Disease

• Not washing hands
• Skin cuts and lesions
• Nasal discharge or respiratory illness (sneezing/coughing)
• Working with food or utensils while ill with diarrhea, fever, vomiting or stomach cramps
Prevention: Personal

- **Wash your hands**: wash your hands frequently, especially after eating, drinking, smoking, touching your face, nose, ears, hair, handling waste, using the restroom, coughing or sneezing, handling raw foods, etc.
  - Use soap and hot water (100°) and wash for 20 seconds
  - Also prevents the spread of hepatitis

- **Wear gloves or apron** if available, clean clothing, appropriate shoes and a hat or hair restraint. Remove jewelry on hands and arms. Change gloves after each task

- **Personal Cleanliness**: bathe regularly, keep fingernails short, do not handle foods if you are sick or have infected wounds or cuts.

- Do **Not** work with food or utensils if you are sick with diarrhea and/or vomiting, fever, or stomach cramps
Proper Hand washing

FIGHT GERMS BY WASHING YOUR HANDS!

1. Wet your hands
2. Soap
3. Lather and scrub - 20 sec
4. Rinse - 10 sec
5. Turn off tap
6. Dry your hands

DON'T FORGET TO WASH:
- between your fingers
- under your nails
- the tops of your hands
When Should You Wash your Hands?

- __________
- __________
- __________
- __________
- __________
- __________
- __________
- __________
- __________
- __________
- __________
When Should You Wash your Hands?

- After using the Bathroom
- After all breaks and before going back to work
- After sneezing, coughing or blowing your nose
- After handling uncooked or raw food
- After eating or smoking
- After scratching or touching your body
- After combing or handling your hair
- After touching dirty objects
- After changing tasks
- After any possible hand contamination
What About Gloves?

- California Retail Food Code requires minimal bare hand contact with ready-to-eat foods. This means you must use utensils or gloves.
  - Always wash hands before putting on gloves
  - Change gloves as often you would wash hands
  - Always wear a new pair of gloves before handling ready to eat foods
What if you are Sick?

• Notify the person in charge if:
  – you have been diagnosed with a foodborne illness
    • REMEMBER: you should not work with food or utensils if you are sick with gastrointestinal illnesses

  – You have a ______________________ that is open or draining on your hands, wrists or arms.
    • REMEMBER: all lesions and wounds in these areas must be protected with an impermeable cover (Band-Aid or finger cot and covered with a glove
Protection from Contamination

Contamination: bacteria, viruses and parasites that can be on food that if not handled or cooked safely can cause illness
What’s wrong here?
Safe?

*Cross Contamination: the process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect
Storage

• Keep foods covered
• Don’t stack uncovered foods on top of each other
• Store cooked and ready to eat foods _______ raw foods in the refrigerator
• **NOTE: Ice**- although frozen it can still be contaminated with germs. **Do not use your hands or drinking glass to scoop ice.** Use commercial grade plastic or metal scoop with handles.
Storing foods in the fridge

**READY TO EAT FOODS**
Such as dairy products, yogurts, cream....

**TOP SHELVES AND MIDDLE SHELVES**

- Cream cakes, butter/margarine, cooked meats, leftovers-covered, other packaged foods, e.g. coleslaw, tomato ketchup, jams etc.

**RAW MEAT, POULTRY and FISH**
Always cover and keep in sealed containers.

**BOTTOM SHELVES**

**SALAD VEGETABLES, FRUIT & VEGETABLES**
Keep ready to eat fruit and vegetables in sealed bags/containers
Always wash raw fruit and vegetables before use.

**SALAD DRAWER**
Prepare

- Clean fruits and vegetables in a food prep sink. Be sure to wash, rinse and sanitize the sink between uses, especially after preparing raw meats.

- Prepare raw foods separate from cooked foods
  - Have separate cutting boards or clean and sanitize prior to use with other foods

- Have separate utensils for produce, pre-packaged food and raw foods

- Perishable food items cannot be prepared at home
Protect

• **Chemical** Contamination
  – Keep cleaning supplies stored away from food
  – Never use food containers to store chemicals and vice versa
  – Properly label and store all containers with its name, contents & hazards

• **Physical Hazards**
  – Dirt, hair, broken glass, metal, Band-Aids etc. can accidentally enter foods
  – Do not store toothpicks or inedible garnishes above food storage or prep areas
  – Place and maintain protective shields in food storage, produce display and prep areas
  – Remove staples, nails and similar objects from boxes when food is received to prevent contamination
Temperature Control
State Mandated Internal Cooking Temperatures

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Cooking Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits &amp; vegetables cooked for hot holding</td>
<td>135˚ F</td>
</tr>
<tr>
<td>Shell eggs cooked for immediate service; fish; single pieces of meat</td>
<td>145˚ F for 15 secs</td>
</tr>
<tr>
<td>Brats, hot dogs, processed meats, eggs for later service</td>
<td>155˚ F for 15 secs</td>
</tr>
<tr>
<td>Poultry; Comminuted poultry; stuffed items (fish, meat, poultry, pasta); stuffing containing fish, meat, poultry, ratites)</td>
<td>165˚ F for 15 secs</td>
</tr>
</tbody>
</table>
Food Thermometer
DANGER ZONE

135°F

41°F
Holding Temperatures

• Hot Holding for potentially hazardous foods at steam tables must always be 135 degrees or higher

• Cold Holding temperatures must always be 41 degrees or less

• Check temperatures every 2 hours!
Temperature control

• How long can food that is supposed to be refrigerated stay outside of the refrigerator and still be safe to eat?

• No more than 2 hours
Proper Storage for uncooked foods

• Check all items before it gets stored away
• Store food in secure area, prevent entry of bugs and rodents
• Store food on non-porous & easily sanitized surfaces
• Store properly: bottom shelf or platform should be at least 6” off the floor, and food product can not be stored closed than 4” to the wall or 2” from the ceiling
• Store non-food items separate from food
• Keep space clean and stored at safe temperatures
• Store grain products in the fridge especially during warmer months
Garbage and Refuse

• How often should the trash be taken out?
  – Food waste and all other garbage should be thrown out immediately after your event
  – Place trash in an outside container with a tight-fitting lid
What to Remember

- Wash your hands before you prepare, serve or store food
- Don’t handle food or utensils when you are sick
- Keep cold food at or below 41 F and hot food at or above 135 F
- Thoroughly cook meats, poultry, fish and eggs at proper temperatures
- Keep food contact surfaces clean and sanitized
Exam Review
• What does the proper use of hand washing include?
  A. Hot water, soap, apron dried
  B. Cold water, soap, cloth towel
  C. Warm water, dispensed soap, paper towels
  D. Warm water, bar soap, paper towels
• Which of the following is the best way to stop the spread of hepatitis?

A. Cook meat and poultry thoroughly
B. Thaw meats properly
C. Wash hands after using the restroom
• When does cross-contamination occur in foods?
  A. When exposed to air and left at room temperature too long
  B. When defrosted and refrozen
  C. When defrosted under warm water
  D. When in contact with counters and cutting boards that have germs on them
• What is the best way to store dry goods?
  A. Keep up off the floor
  B. Store away from cleaning supplies
  C. Place in covered and labeled food container
  D. All of the above
How often should a food handler wash their hands? Before starting work and:

A. After every possible contamination
B. Once every hour
C. After finishing work
• What temperature should food be kept at while “holding” in a steam table?

135 Degrees
• What is the temperature danger zone for foods?

135°F

41°F

DANGER ZONE
Thank You!

Test available on SWCCD website:
https://www.swccd.edu/student-life/student-activities/index.aspx
Relevant videos

- **Foodborne illness:**  https://www.youtube.com/watch?v=WoYtHkAqJg0
- **Cross Contamination:**  https://www.youtube.com/watch?v=9Yh8CW53tm4
- **Handwashing:**  https://www.youtube.com/watch?v=cCpr11OuYKI
- **Journey of the Germ:**  https://www.youtube.com/watch?v=vJKA3YkVSGo
- **Food Thermometer:**  https://www.youtube.com/watch?v=9OvvvsY7WvY