



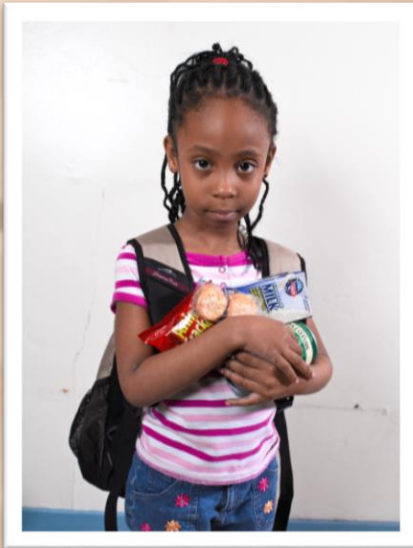
Food Handler  
Training

# 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”:
  - <https://www.swccd.edu/student-life/student-activities/index.aspx>

# 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?

- **Germ**s (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
- **Toxin**s : poisons produced by bacteria. They are not living organisms and are hard to destroy. It is important to destroy bacteria before this happens.
- **Chemical**s : 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**

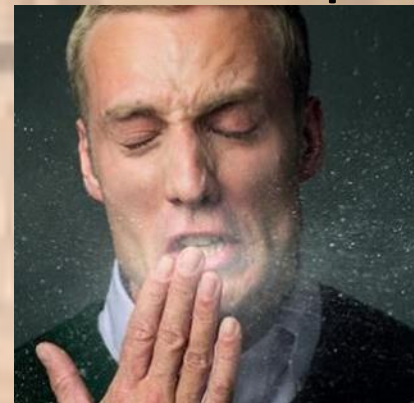


# Health & Hygiene



# 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





# When Should You Wash your Hands?

- [illegible]

# 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 Cut or Wound 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 Above 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, yoghurts, cream.....

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

**TOP SHELVES AND MIDDLE SHELVES**

## 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

Food Item	Cooking Temperature
Fruits & vegetables cooked for hot holding	135° F
Shell eggs cooked for immediate service; fish; single pieces of meat	145° F for 15 secs
Brats, hot dogs, processed meats, eggs for later service	155° F for 15 secs
Poultry; Comminuted poultry; stuffed items (fish, meat, poultry, pasta); stuffing containing fish, meat, poultry, ratites)	165° F for 15 secs

# Food Thermometer

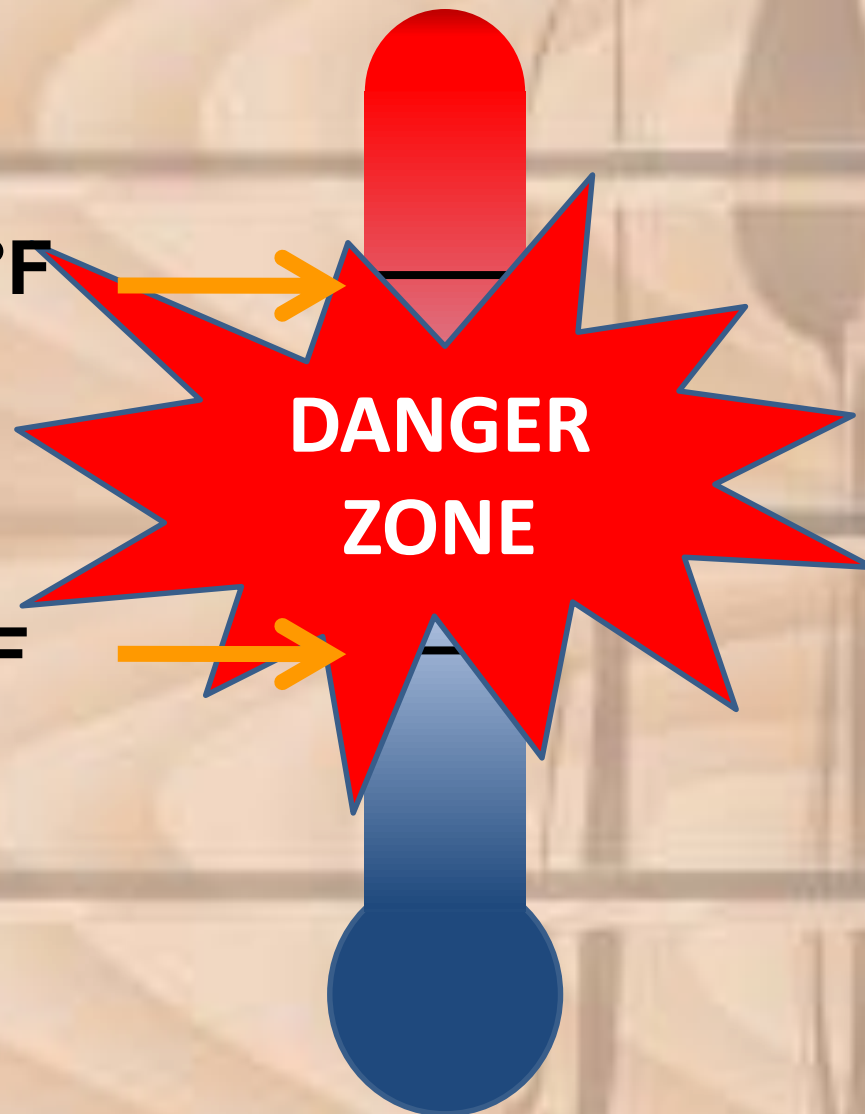


**135°F**



**DANGER  
ZONE**

**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 closer 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



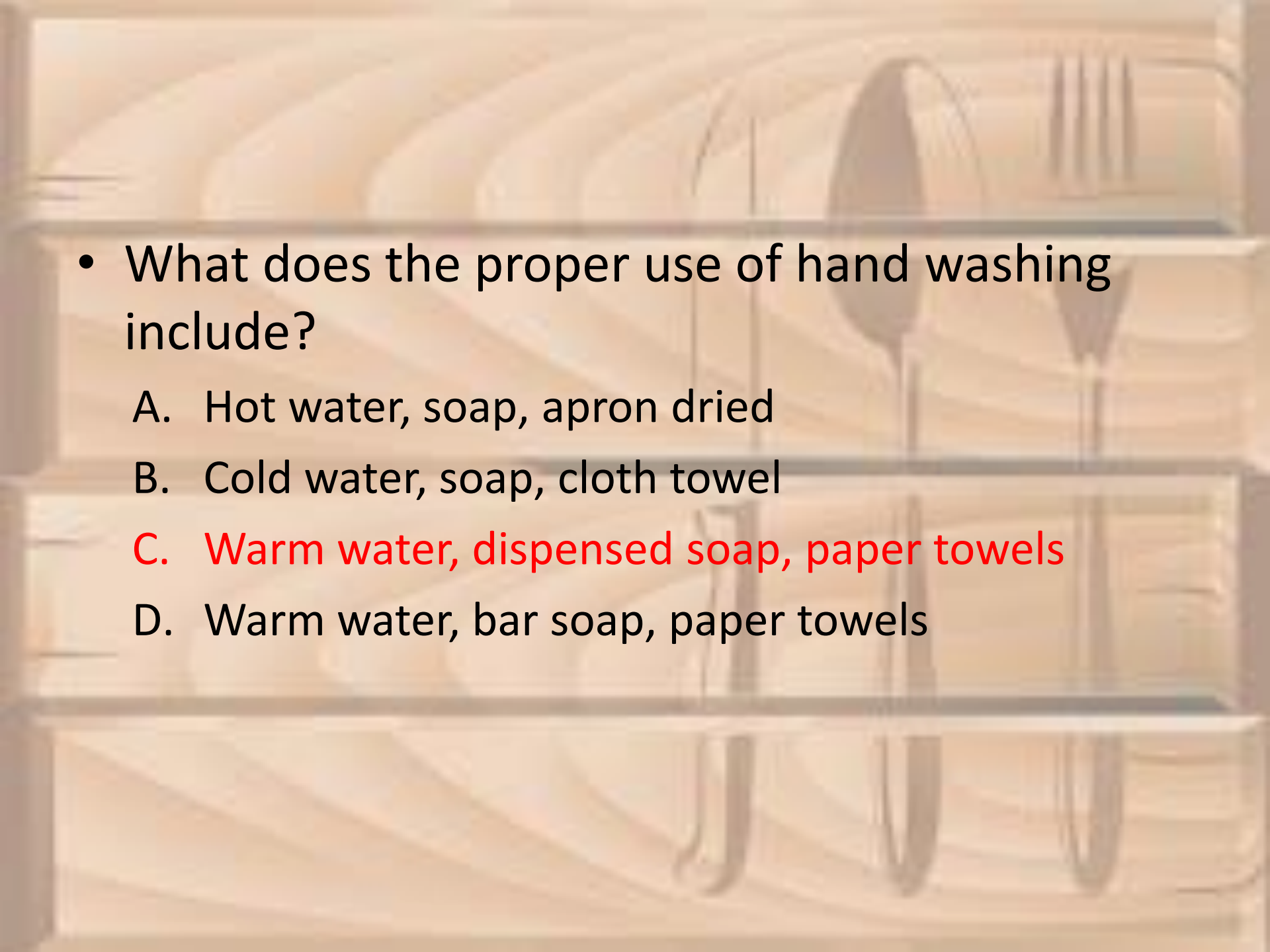
# What to Remember

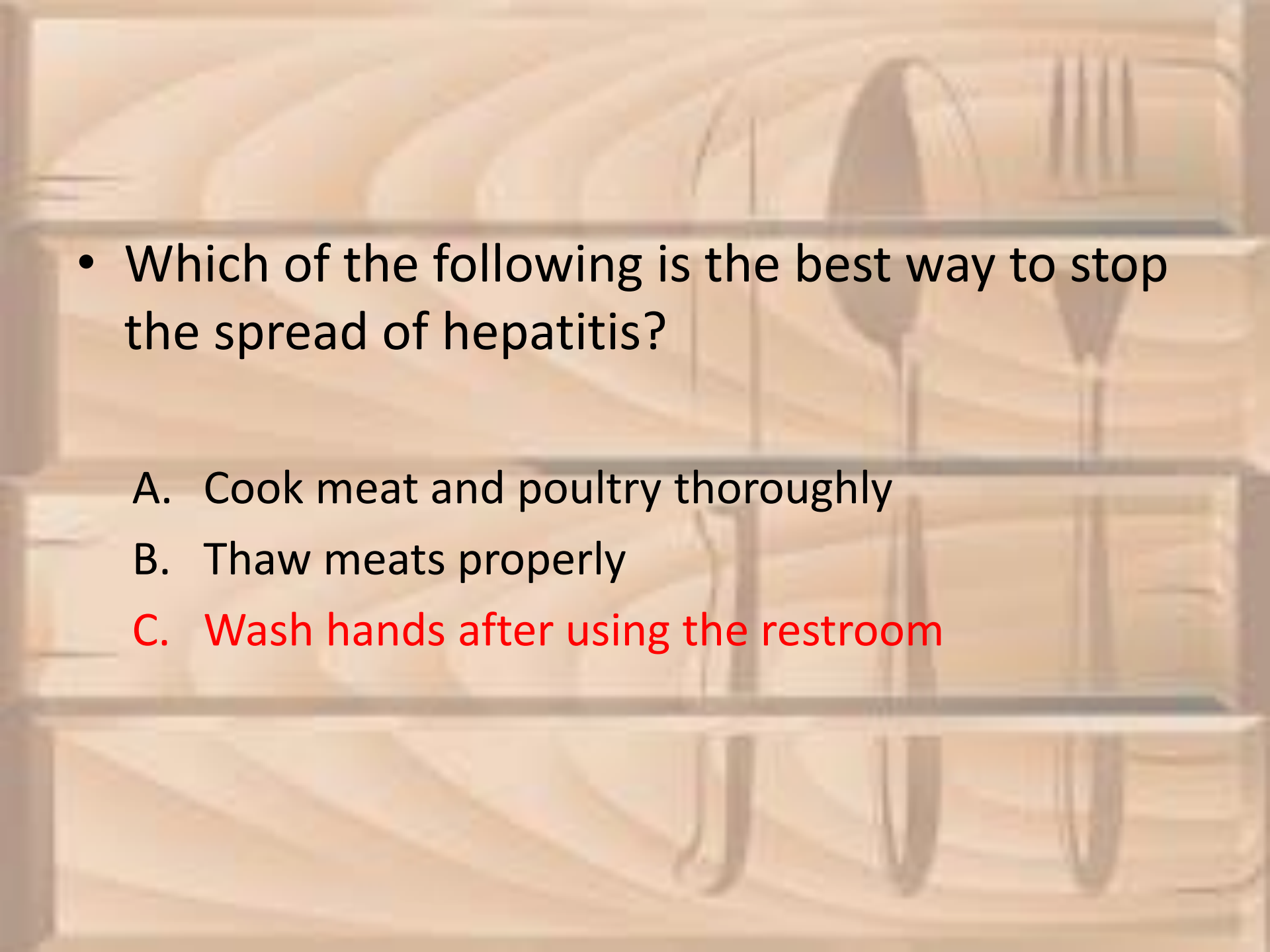
- Wash your hands before you prepare, serve or store food
- Don't handle food or utensils when you are sick
- Keep cold food at or below 41 F and hot food at or above 135 F
- Thoroughly cook meats, poultry, fish and eggs at proper temperatures
- Keep food contact surfaces clean and sanitized

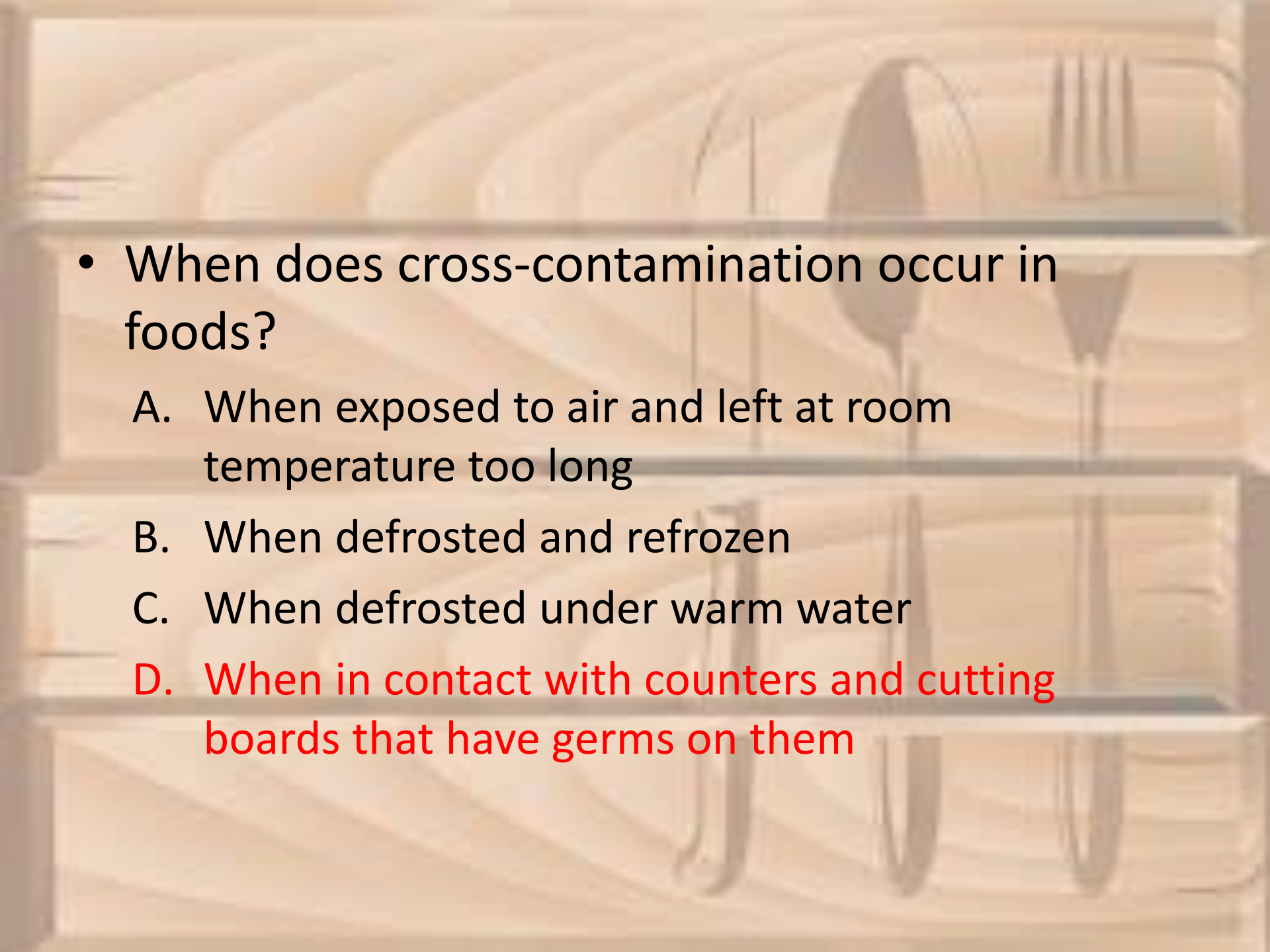





# Exam Review

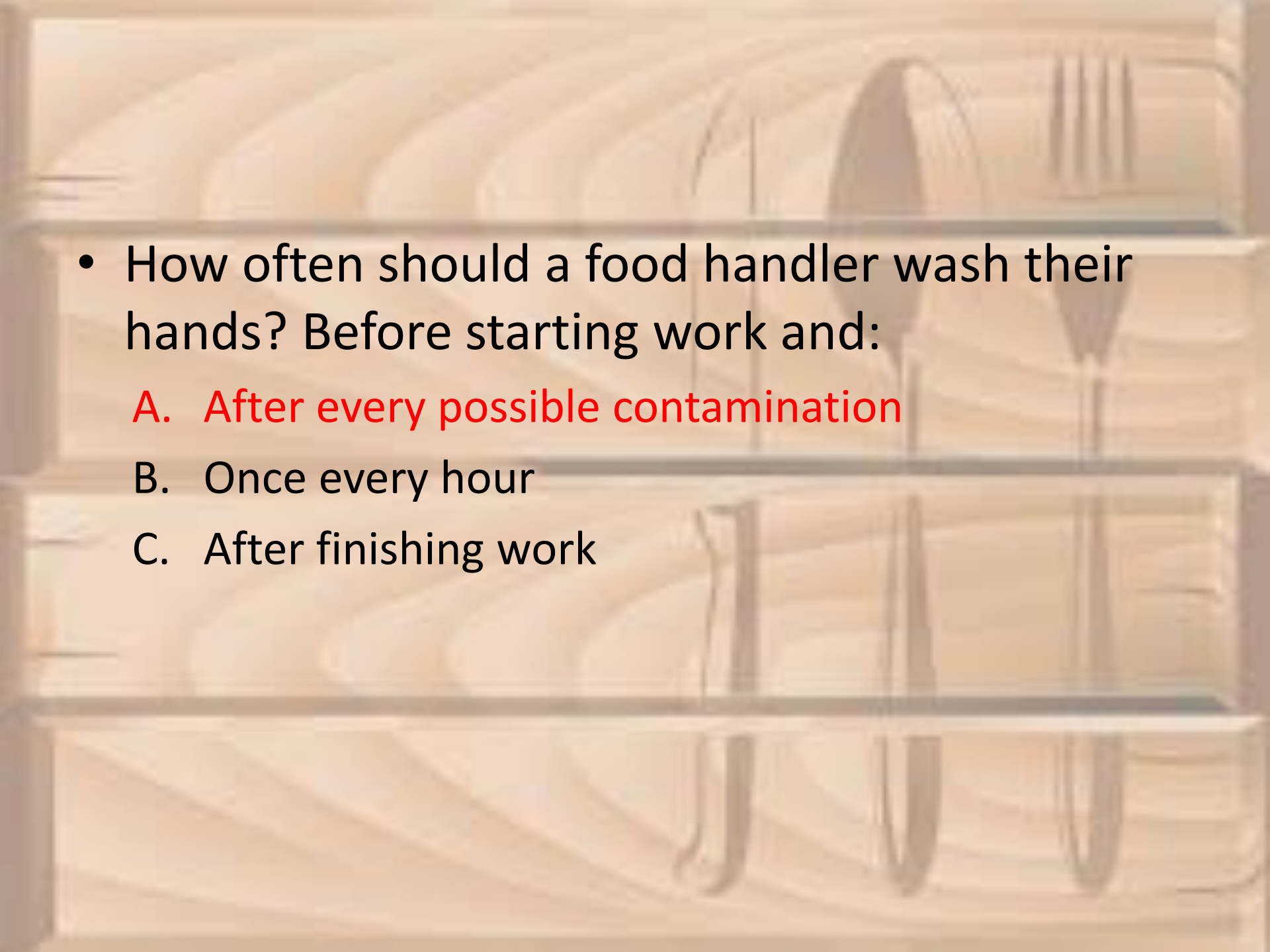
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- What does the proper use of hand washing include?
    - A. Hot water, soap, apron dried
    - B. Cold water, soap, cloth towel
    - C. Warm water, dispensed soap, paper towels
    - D. Warm water, bar soap, paper towels

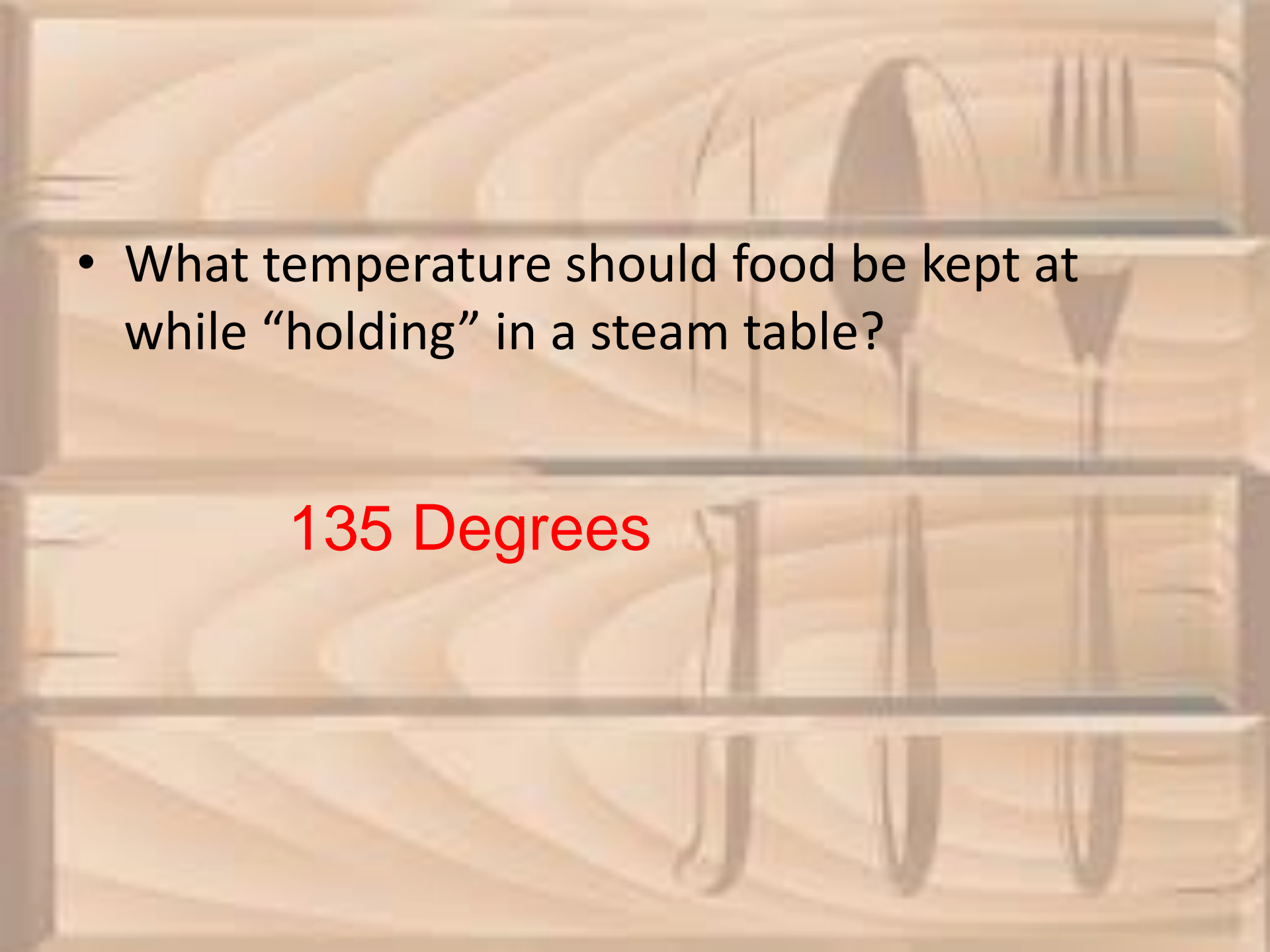
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- Which of the following is the best way to stop the spread of hepatitis?
    - A. Cook meat and poultry thoroughly
    - B. Thaw meats properly
    - C. Wash hands after using the restroom

- 
- 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



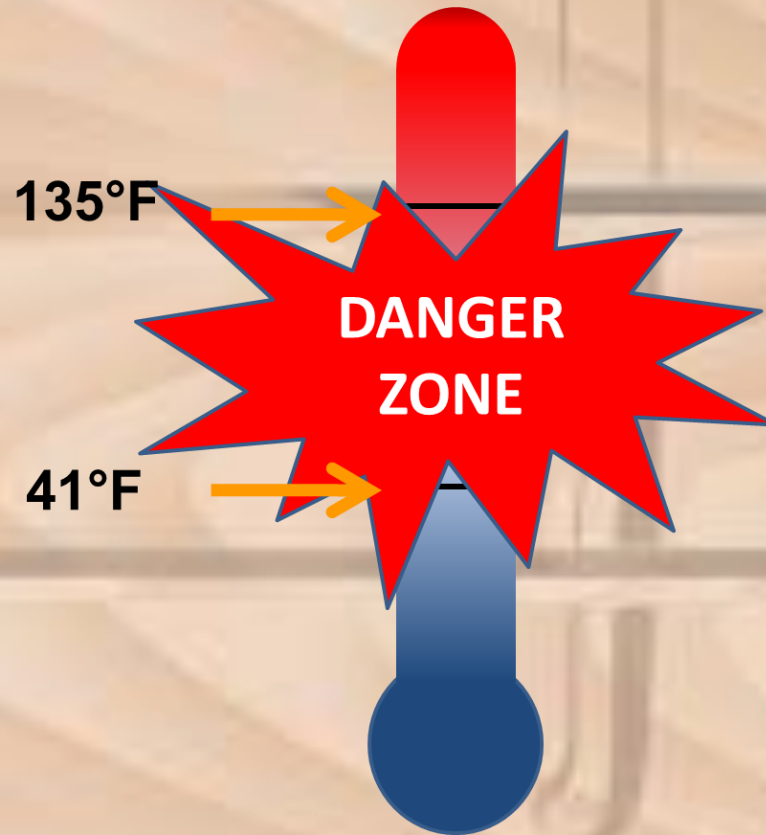
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- A background image of a wooden drawer with silverware inside. The drawer is open, showing a set of silverware including a spoon, a fork, and a knife. The silverware is arranged in a way that suggests it is being stored or organized. The image is slightly blurred and has a warm, orange-toned filter.
- 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?





A background image of a wooden cabinet with glassware. The cabinet has several shelves, and on them are various glass items including plates, bowls, and glasses. The lighting is warm, and the wood has a natural grain.

# 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>