

FOOD HANDLER'S TRAINING

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Department
July 1, 2008



Purpose of this Training

- Increase awareness of proper food handling
 - Food Preparation
 - Food Storage
 - Serving Food
 - Employee/Foodworker Health
- Prevent Foodborne Illnesses in our Community

Food Handler's Card

- Required for all persons who handle, prepare and serve food.
- The card expires every three years.
- The Mason County Health Department maintains records of persons who have been issued a Food Handler's Card. You may apply for a duplicate card.

Foodborne Illness

- Disease caused by consuming contaminated foods or beverages.
- Can be caused by disease causing microbes as well as poisonous chemicals.
- Common symptoms include diarrhea, abdominal cramping, fever, headache, vomiting, severe exhaustion and sometimes blood or pus in the stool.

Foodborne Illness

- Everyone is at risk.
- An estimated 76 million cases occur each year in US resulting in 5000 deaths.
- Very young children, pregnant women, and the elderly are most at risk as well as those who are immunocompromised.

Foodborne Illness

- Where does it come from?
 - Raw animal foods such as poultry, meat and eggs.
 - Fresh produce such as lettuce, tomatoes, sprouts and melons
 - Cooked, ready to eat foods can become contaminated with bacteria from raw products or from food handlers with poor personal hygiene.

Four Key Steps to Food Safety

- Clean
- Separate
- Cook
- Chill

Reduce the Risks

- Avoid cooling and reheating foods
- Avoid holding of foods
- Minimize preparation
- Do not touch ready-to-eat food with bare hands.

Basics

- WASH YOUR HANDS!
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- Clean work area.
- Start with safe food products.
- If you are not feeling well, DON'T go to work!

HANDWASHING

- Must have a separate hand washing station.
 - Hot running water, soap and drying devices—preferably paper towels—not your apron.
- Wash your hands when you change tasks.
- Wash your hands when you have contact outside of food prep area (i.e. waiting on customers or handling money)
- Obvious occasions (bathroom use, cough, sneeze, etc.)

Glove Use

- Single Use Only.
- Change tasks, change gloves.
- Gloves may give a false assurance that your hands are clean.
- Dirty gloves same as Dirty hands.
- Cover any wounds with a brightly colored bandage and a clean glove.

Employee Dress

- Hair
 - Must be restrained either by net, ponytail, braid, cap.
- Clothing
 - Clean, uniforms laundered daily
 - Simple—Avoid dangling sleeves, scarves
- Jewelry
 - No dangling jewelry
 - Remove rings
- Nails
 - Short, trimmed clean
 - Avoid artificial nails

Person in Charge

- All establishments must have a PIC available at all times
- Must have a knowledge of food allergens
- Must have knowledge of disease prevention
- Must be able to apply HACCP

Employee Health

- Don't go to work if you are ill!
- Obvious illnesses
 - Diarrhea, vomiting—can be spread by food prep
 - Respiratory illnesses spread by face to face contact
- Consider how illnesses are spread
 - Some illnesses are most communicable in the 24 hours before symptoms appear and definitely in the first 24 hours of symptoms.
 - Respiratory, hand to hand, oral, fecal, blood.

Employee Health Reportable Symptoms

- vomiting
- diarrhea
- jaundice
- sore throat with fever
- lesion containing pus

Employee Health Reportable Diagnosis

- Norovirus
- Hepatitis A Virus
- Shigella
- Enterohemorrhagic or shiga toxin producing E.Coli
- Salmonella Typhi

Facility and Food Prep Areas

- Surfaces smooth and easily cleanable.
- Separate chemical/cleaning supply storage.
- Movable equipment so it can be cleaned under, behind and around.
- Make a mess? Clean up your mess!
- Cleaning cloths must be stored in a sanitizing solution between uses.

Cleaning

- Read and follow all directions on the label.
- Make sure that cleaning product is safe for use on food contact surfaces.
- MSDS sheets should be readily available in work areas. Ask your manager.
- If not in original container—such as with spray bottle—**MUST** be labeled for contents.
- Dispose of properly.
- Don't mix cleaning products!
- Proper dilution of sanitizing solution for surface cleaning.

Dishwashing--Automatic

- Temperature sanitizing—180 degrees at the manifold the first time.
- Chemical sanitizing—for each machine specification
- If it doesn't work—Don't use automatic.
- Do it the old fashioned way!

Dishwashing--Manual

- Wash, Rinse, Sanitize, Air Dry
- Wash
 - Hot, soapy water
 - Change when noticeably dirty
- Rinse
 - Hot, running water
- Sanitize
 - As directed with an approved sanitizer
- Air Dry

Food Preparation and Handling

- Cook to an appropriate internal temperature for that specific food type.
- Hot foods must be held above 135 degrees F.
- Cold foods stored at 41 degrees F or less.
- If you don't have a thermometer, How do you know the temperature?
- Have both probe and stationary thermometers.

Food Safety Disclosure

- Consuming raw or undercooked meats, poultry, sea food, shellfish, or eggs may increase your risk of foodborne illness, especially for children, elderly, immunocompromised individuals, and individuals with certain medical conditions.

Food Allergens

- Milk, egg, fish, tree nuts, wheat, peanuts and soybeans
- A food ingredient that contains protein derived from a food listed in this definition.

Thermometers

- All refrigerators and cold holding units must have an accurate visible thermometer.
- A probe thermometer must be readily available.
- Clean and sanitize before each use.

Thawing Foods

- Do not thaw foods at room temperature.
- Thaw foods as part of a cooking process; under refrigeration at 41 degrees or below; or in the microwave with immediate transfer to conventional cooking.

Food Preparation and Handling

- Order and obtain food from reliable source.
 - Home canned foods, ice made at home or foods prepared and stored in private homes are not allowed.
- In 1938, before widespread adoption of milk pasteurization, 25% of foodborne outbreaks were associated with milk. In 2001, less than 1%

Food Preparation and Handling

When food shipments are received, look for:

- frozen food should be frozen, and show no signs of being wet and refrozen.
- dry goods should be dry and clean.
- no obvious signs of spoilage.

Food Preparation and Handling

- Remember that ice is food, and can harbor bacteria that cause illness.

Date Marking

- Seven days at 41 F
- Begins when food is opened
- May be marked with date opened, or date to be removed, but must be consistent
- May not exceed use by date

Food Storage

- Dry
 - Everything off floor
 - Check dates
 - Rotate stock to prevent outdates and waste
 - Clean
 - Well labeled containers that prevent water, moisture, insects and rodents to enter.

Food Storage

- Cold
 - Refrigerator at 41 degrees F.
 - Keep everything off floor and keep floor clean.
 - Leave airspace around items, and avoid overcrowding
 - Keep meats and eggs on lower racks—leakage.
 - Prepared foods on upper racks
 - Covered
 - Dated
 - Labeled

Separation of Food Items

- Don't use same surfaces for chopping, cleaning meats and for fresh fruits and vegetables.
- Wash and sanitize utensils between food contact.
- Wash your hands between food contacts.

Potentially Hazardous Food

- Any food that requires temperature control because it is in a form capable of supporting the rapid and progressive growth of infectious or toxigenic microorganisms such as eggs, meat, poultry, fish and dairy foods.
- Examples are hamburgers, tacos, hot dogs, chili and cream pies. Raw seed sprouts, cooked rice, potatoes, beans and sliced fruits.

Non-Potentially Hazardous Food

- Includes fruit pies, dry goods and cereals, unconstituted dehydrated foods and some baked goods.
- Examples include cookies, breads, cakes, potato chips, popcorn, cotton candy and candy bars.

Inspections and Closure

- A food service permit may be suspended if the establishment has three or more immediately uncorrectable critical items in violation at the time of the inspection.

Temporary Food Booths

- Defined as a food establishment that operates at a fixed location for a period of time not more than 14 consecutive days in conjunction with a single event, fair, carnival or regatta.
- Must have a permit to operate posted.
- Must be inspected by the sanitarian.
- The permit must be obtained prior to the event.

Handwashing facilities for Temporary Food Booths

- Must be convenient and accessible.
- Must include warm water, soap, paper towels and bucket to collect dirty water—don't let it run on the ground/floor.
 - An air pump or thermos cooler with turn spout may be used as a temporary hand wash station.

Dishwashing Facilities for Temporary Food Booth

- Must have three containers.
 - Wash
 - Rinse
 - Sanitize-one to two caps of bleach to one gallon of water
 - Air Dry
- Rinse and store wiping cloths in a separate bucket of sanitizer (one to two caps of bleach to one gallon of water).

Equipment and Utensils for Temporary Food Booths

- For self-service, single service articles should be individually wrapped.
- Do not re use aluminum foil pans, tin cans, bread wrappers, single service items.
- Store in-use serving utensils:
 - In the food with handle above the top of food
 - Washed, rinsed, sanitized, and stored on a clean dry surface.
 - In a running water dipper well for ice cream utensils

Other Useful Info for Temporary Food Booths

- Locate site away from animals, barns, etc.
- Covered structure to protect from dust, debris, insects and animals.
- Cleanable floors.
- Water source can not be by garden hoses. Use lines bearing National Sanitation Foundation (NSF) seal.
- Covered waste containers.
- Do not dump waste water in streets, or onto the ground.

Questions?

- Call the Mason County Health Department at 304-675-3050.