Food Safety Is In Your Hands

ALASKA
Department of
Environmental
Conservation

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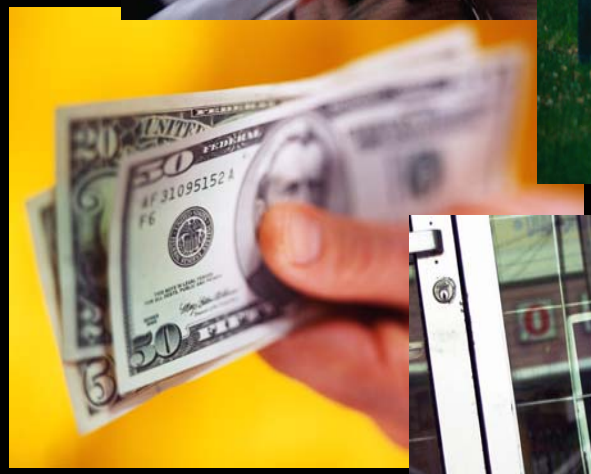
Conservation

Alaska Safe Food Worker Class

Food Safety & Sanitation Program

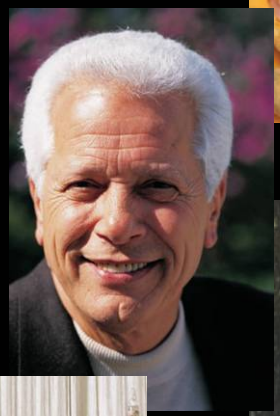
Consequences

- ~76 million sick
- 5,000 die
- Billions $ in cost
- Jobs lost
- Restaurants close



High Risk Populations

- Younger than 5
- Older than 65
- Pregnant
- Immune compromised



1. Food Worker Knowledge & Health
2. Prevent Cross-Contamination
3. The Right Temperatures
4. Safe Food Source
5. Proper Dishwashing

Part 1: Food Worker Knowledge and Health

- Foodborne Illness
- When You're Sick
- No Bare Hand Contact
- Handwashing
- Utensil Use

What is Foodborne Illness?

A disease caused by consuming **contaminated** foods or beverages.

Symptoms

- Diarrhea
- Vomiting
- Fever with Sore Throat
- Jaundice
- Abdominal Cramping

The “Big” Five

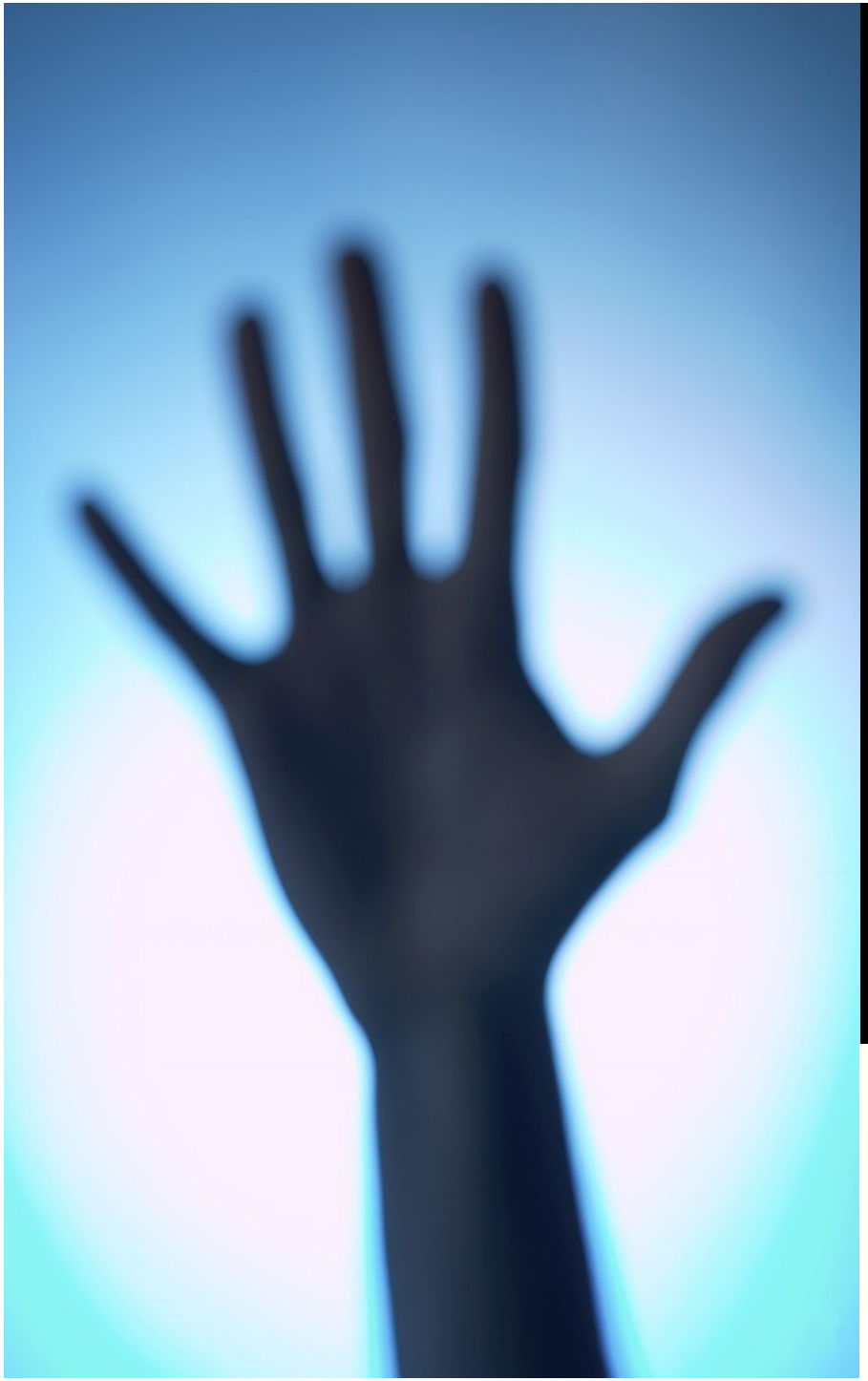
Norovirus
E. coli O157: H7
Shigella
Salmonella Typhi
Hepatitis A

Handwash Sink Setup

- Hot and cold running water
- Soap
- Dispensed paper towels

When to Wash Hands

- Before starting work
- Handling raw food
- Smoking, eating, drinking
- Going to the restroom
- Handling garbage
- Coughing or sneezing
- After dirty dishes
- Glove changes



Handwashing

Often

Well

It should seem like you are ALWAYS washing your hands!

Handwashing

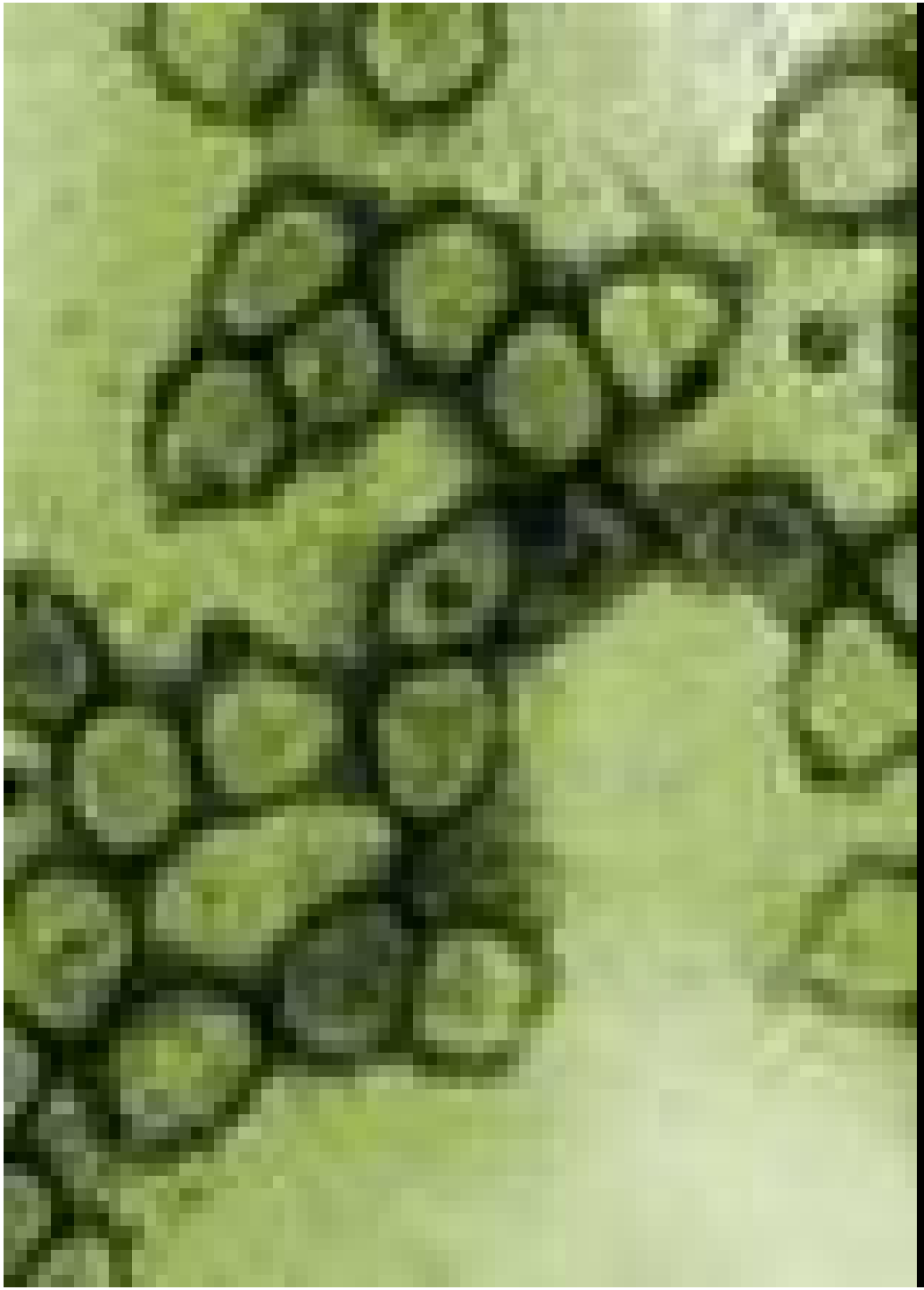
Steps for Clean Hands

1. Wet hands
2. Apply soap and lather
3. Rub hands together for 10-15 seconds
4. Rinse thoroughly
5. Dry hands with paper towel
6. Turn off water with paper towel
7. Use the paper towel to open restroom door

Hand Health

- Prevent Dry Skin
- Hands moisturized
- Gloves only when needed

20 Second Rule



NOROVIRUS

10,000,000

1,000,000

100,000

10-100

Ready to Eat Food

Utensil Use

- Wash hands first
- Change gloves often
- Don’t reuse or wash gloves

Gloves are no substitute for handwashing!!!

Personal Hygiene

Wash hands often
Report illness
No Bare hand contact
No open cuts
Don’t smoke, eat, drink or chew gum
Wear a clean uniform
Use hair restraints
No jewelry
Keep fingernails short

What Would You Do?

The Problem:

No hot water at the handwashing sink

Part 2: Cross-Contamination

- Define Cross Contamination
- Store food safely
- Wash, Rinse, Sanitize
- Safe chemical use

Prevent Contamination by Hands

Safe Food Storage

	Ready-to-eat foods Fully cooked foods
	Raw seafood Fish, eggs
	Raw steak, raw pork (bacon, pork chops), raw ground meat
	Raw poultry, raw ground poultry (chicken, turkey, duck)

Wash – Rinse – Sanitize
Food Contact Surfaces

- Use soap/detergent
- Be sure to rinse
- Mix and use sanitizer correctly and safely

Safe Chemical Use

- Safe storage
- Safe mixing
- Safe concentrations
- Proper labeling

What Would You Do?

The Problem:
The cook puts raw hamburger patties on the grill and then sets up the bun, lettuce, onion etc.

What Would You Do?

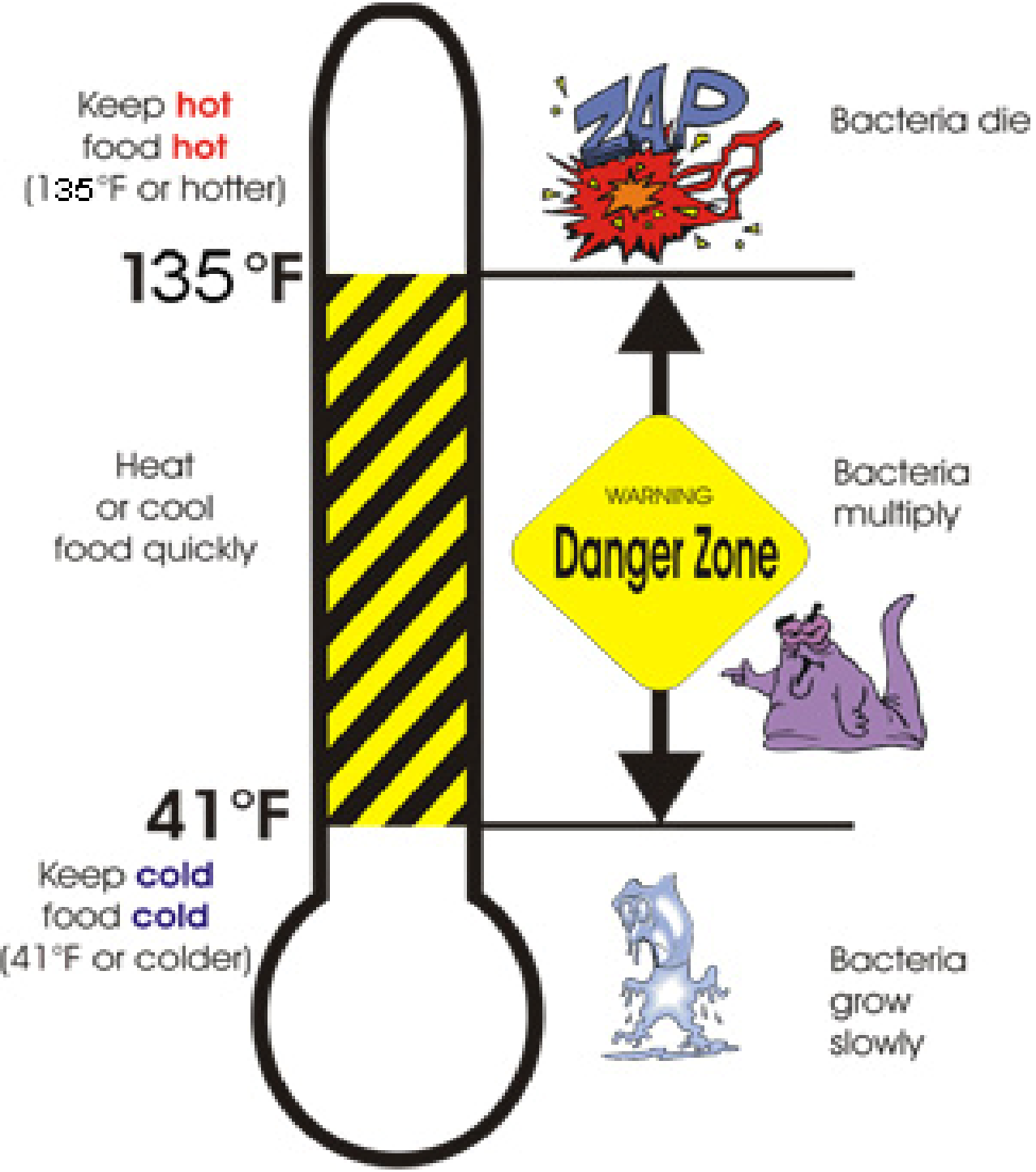
The Problem:

Bloody raw chicken on a box of lettuce in refrigerator

Part 3: Safe Temperatures

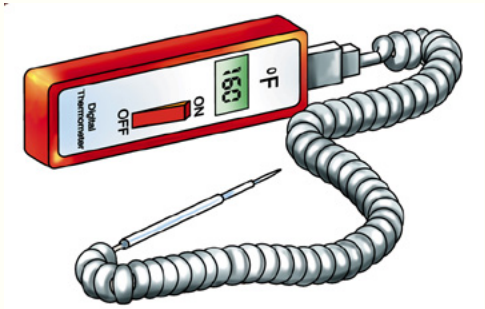
- **The Danger Zone**
- **Potentially Hazardous Food**
- **Use Your Thermometer**
- **Safe Temperatures Hot and Cold**
- **Safe Cooling**
- **Safe Reheating**

Danger Zone
(41°F - 135°F)



Potentially Hazardous Foods

 Rice, cooked veggies	 Shellfish/Fish	 Sprouts, cut melons
 Meats	 Dairy	 Garlic in oil



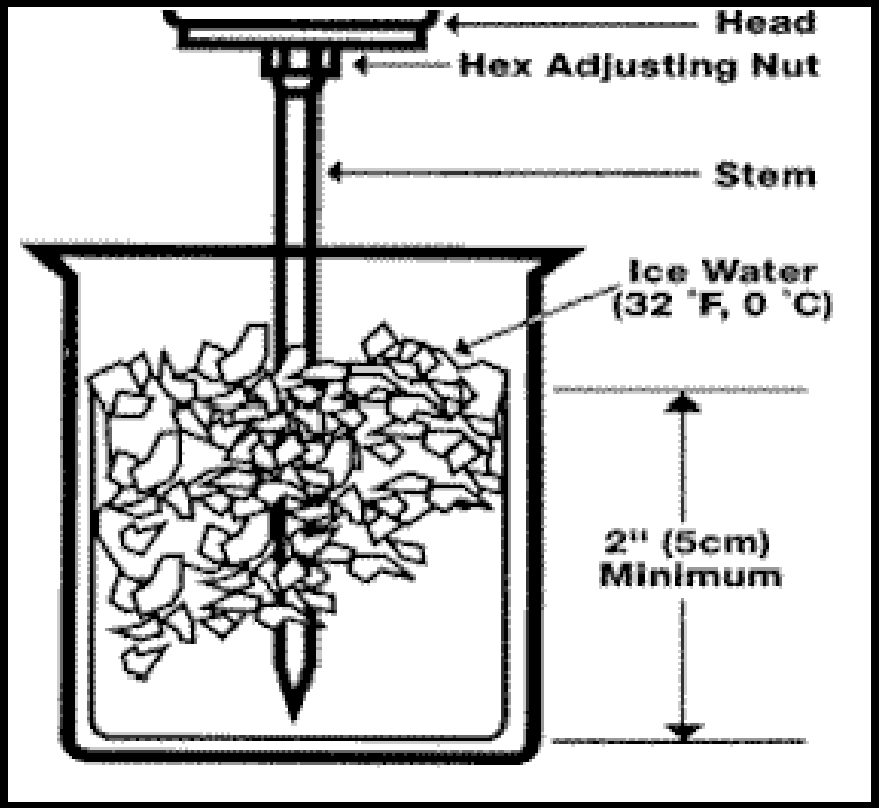
Thermometers

- **Calibrate for accuracy**
- **Wash, rinse, and sanitize**
- **Check middle / thickest part**

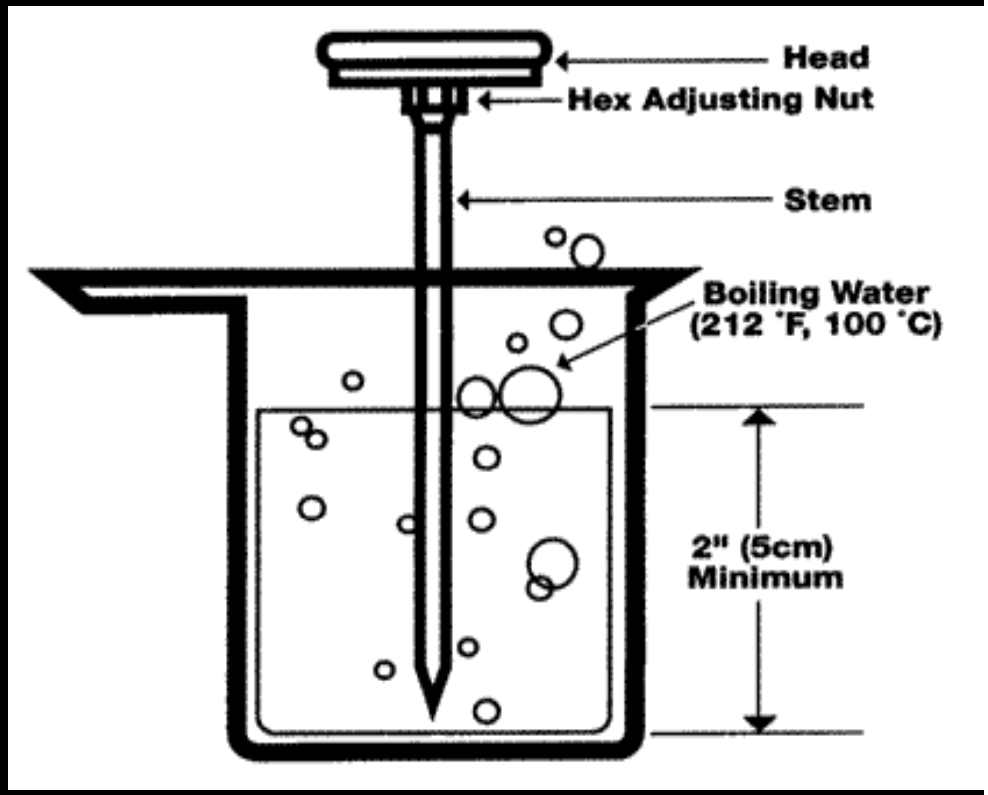
Check the internal temperature of food with a calibrated thermometer!

Calibration

Ice Point Method

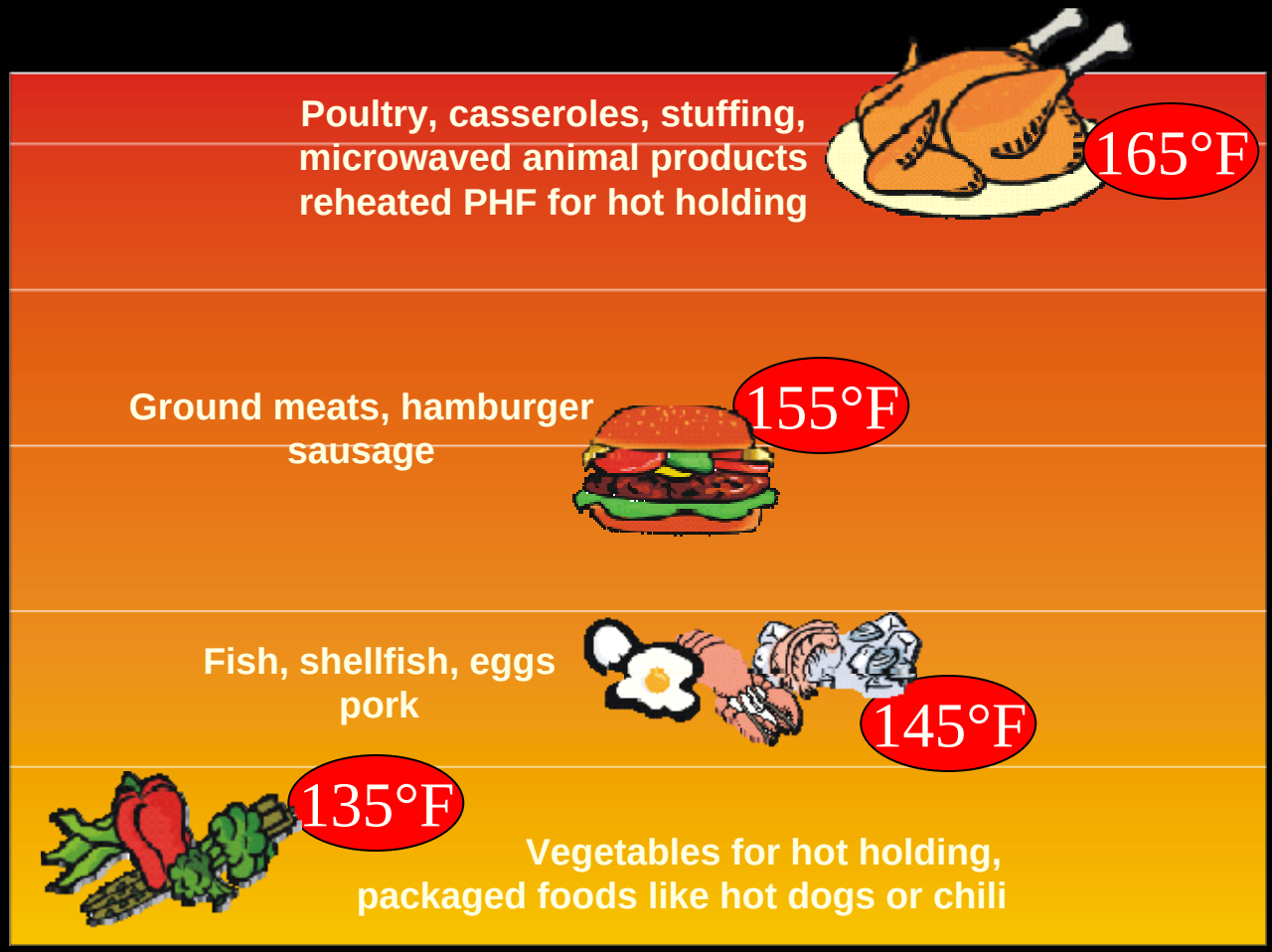


Boiling Point Method

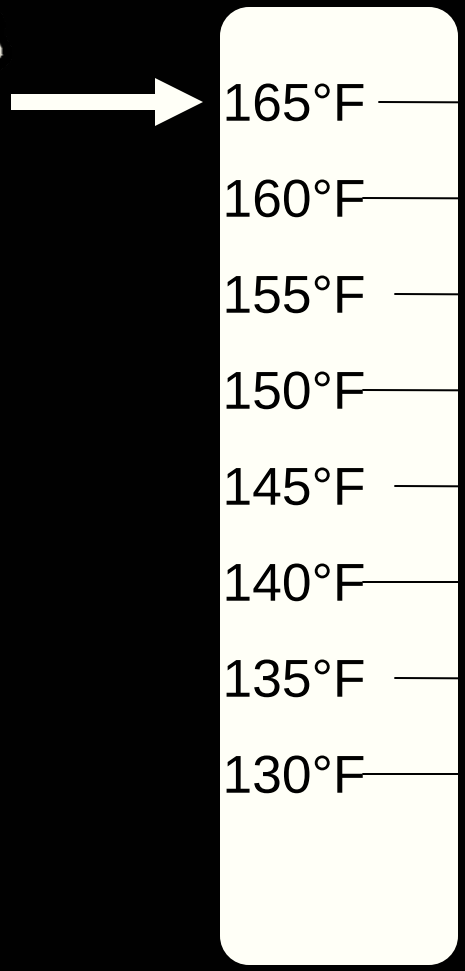


Check the internal temperature of food with a calibrated thermometer!

Safe Cooking Temperatures

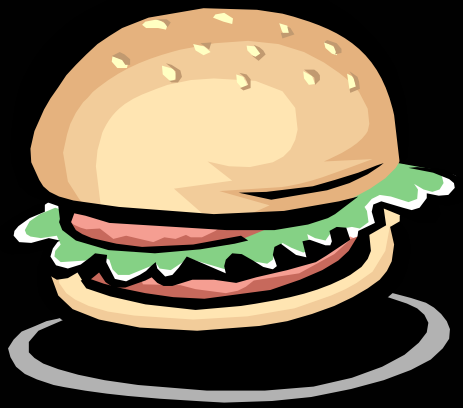


Safe Poultry Cooking



165°F

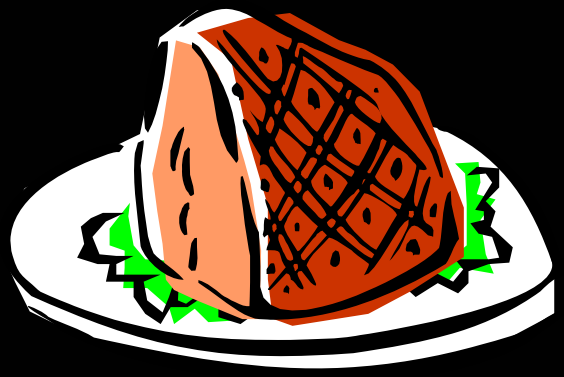
Safe Ground Meat Cooking

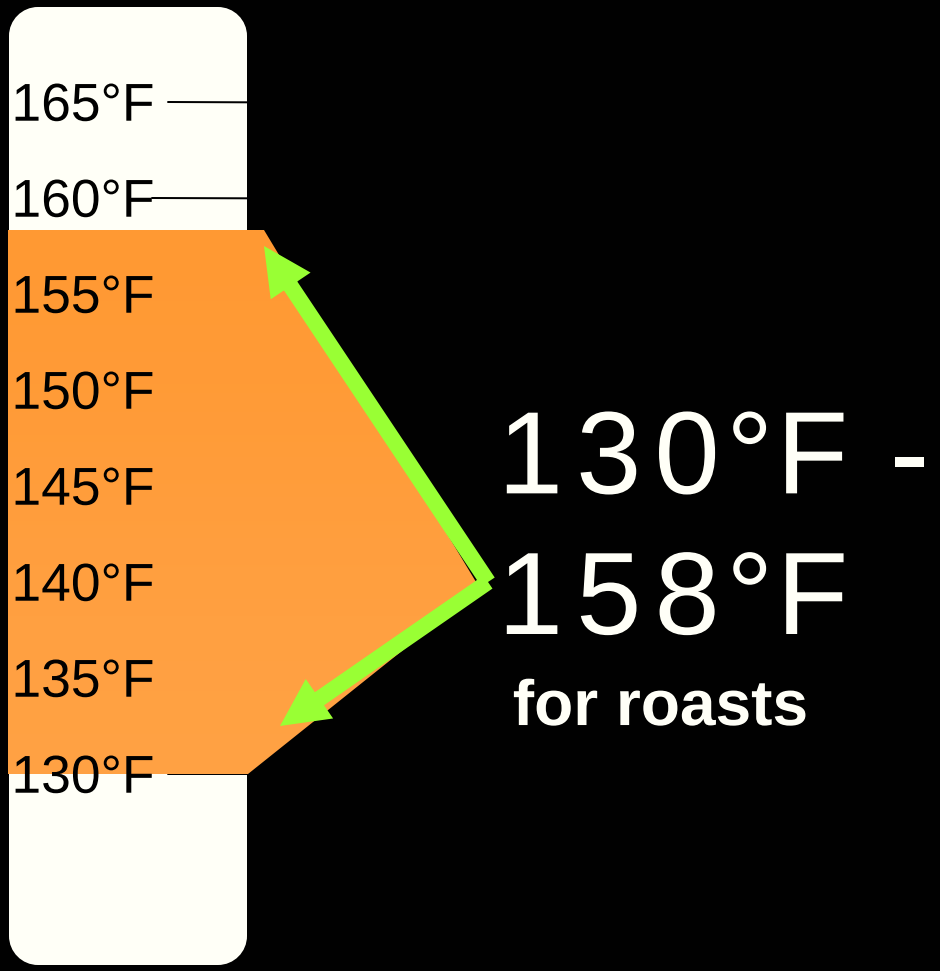


165°F
160°F
155°F
150°F
145°F
140°F
135°F
130°F

155°F

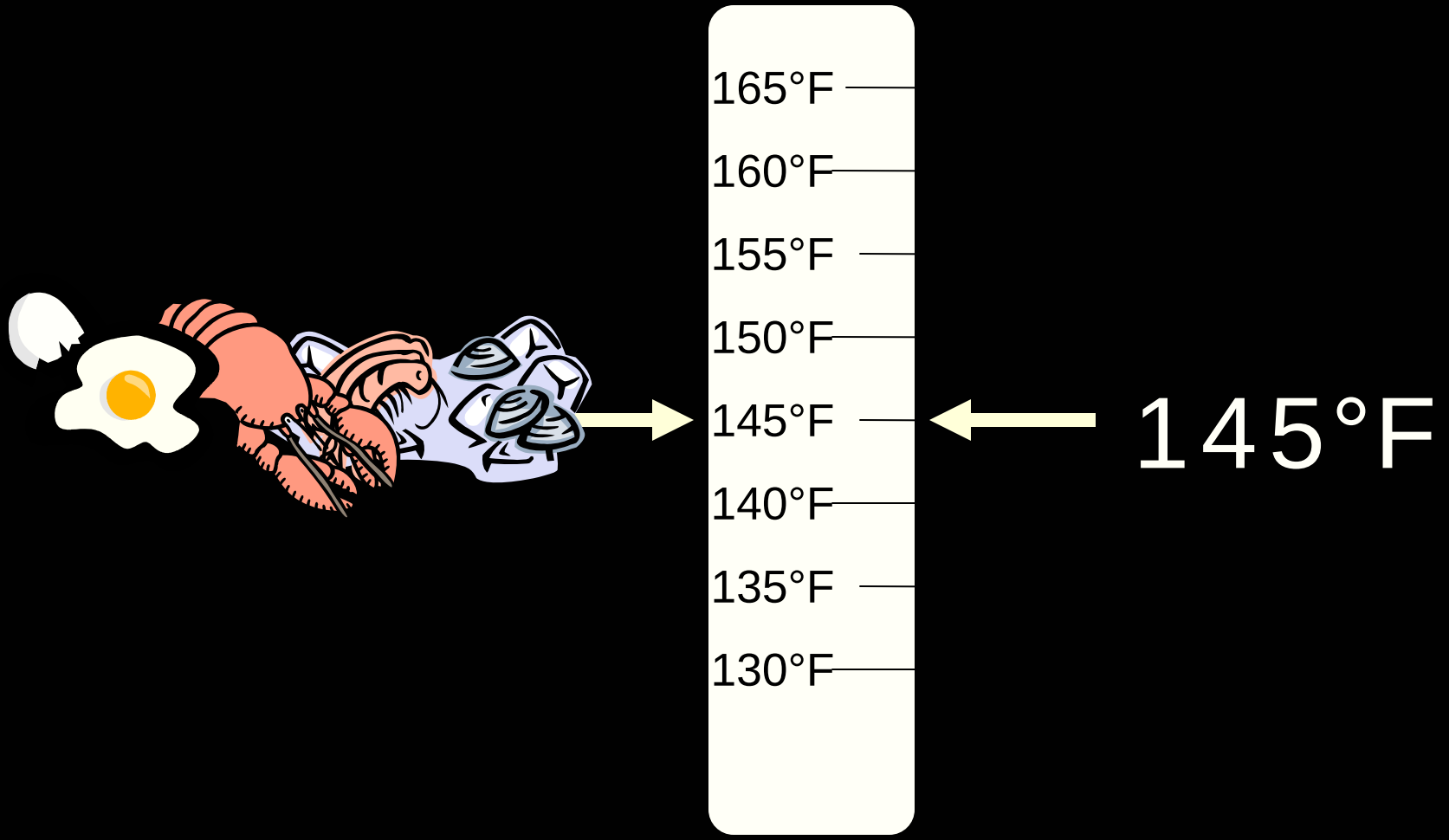
Safe Roast Cooking



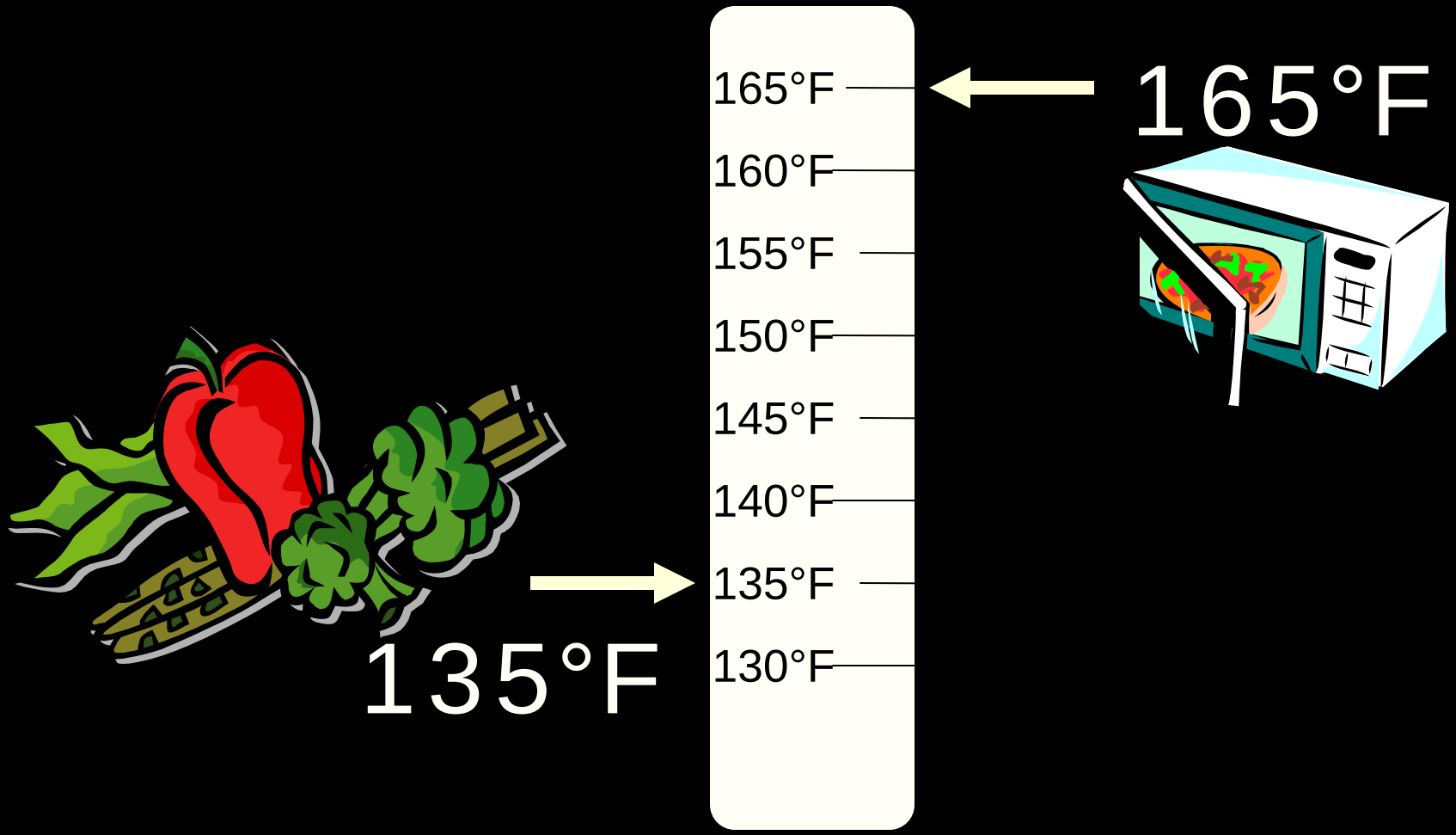


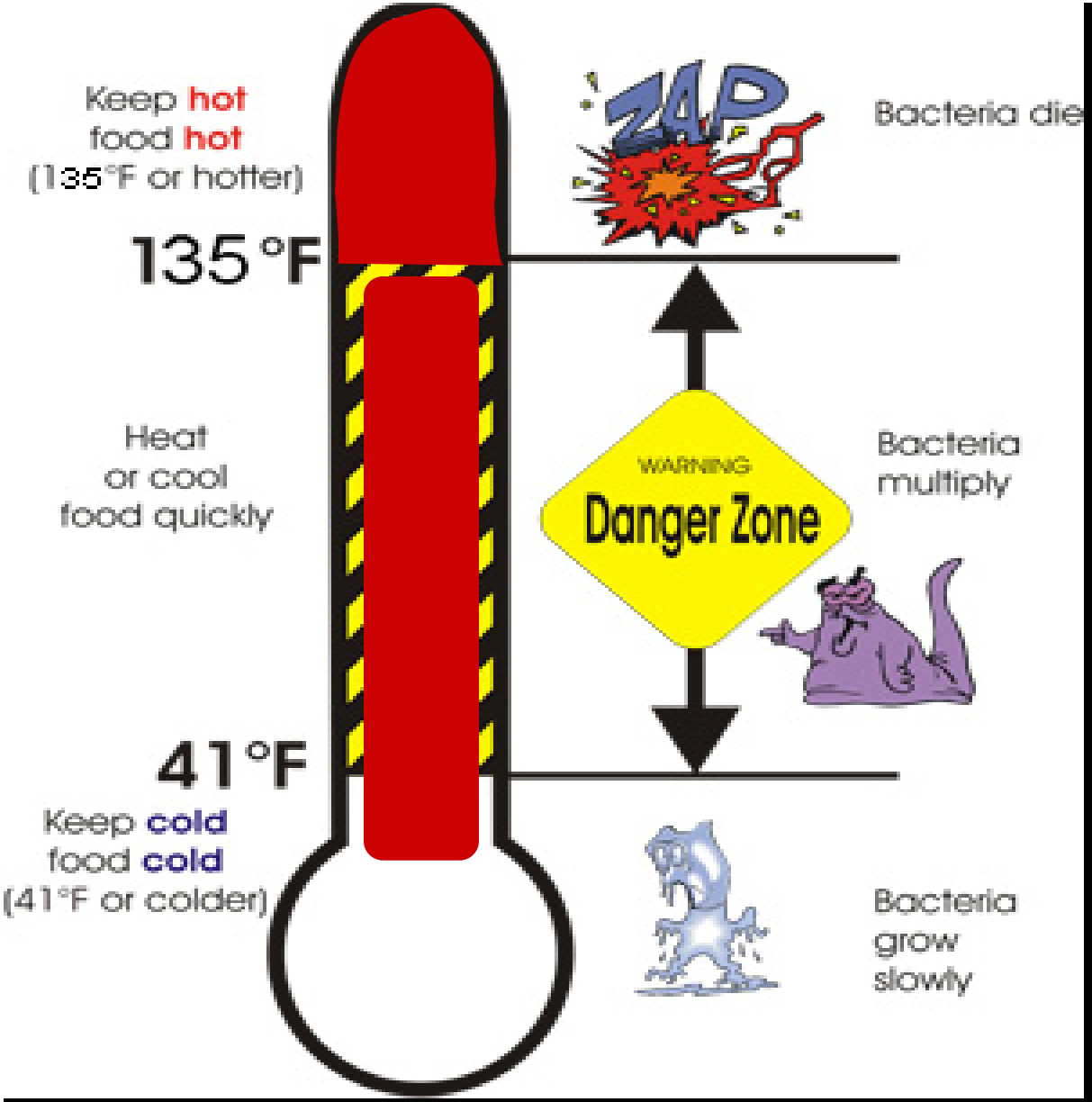
time-temperature chart

Safe Cooking Temperatures
Seafood, Pork and Eggs



Safe Vegetable and Microwave Cooking





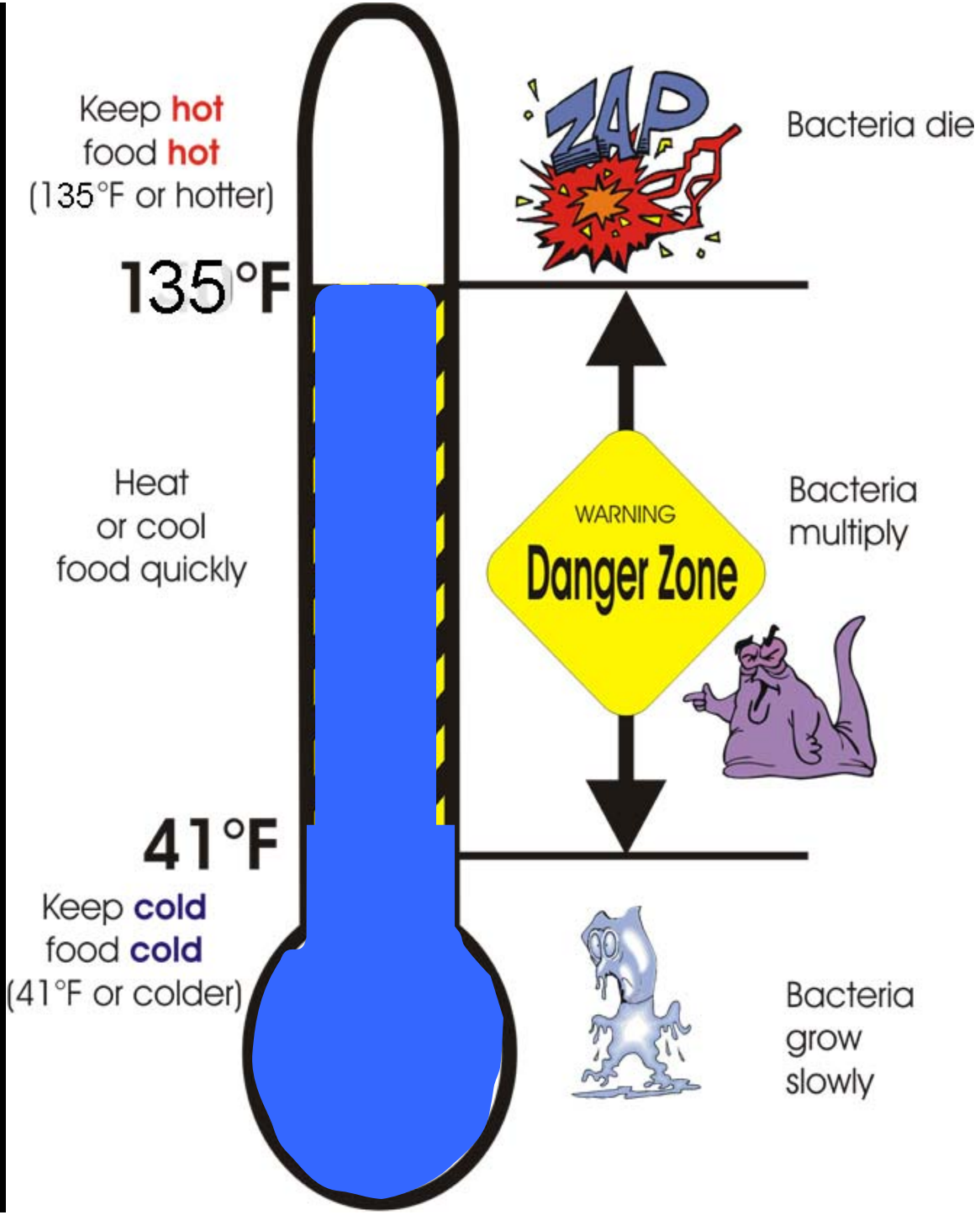
Safe Hot-Holding

Hot-holding keeps bacteria from growing as rapidly in the food

Hot-Holding

- Keep it **hot**, at least 135°F
- Preheat equipment to 135°F
- Stir frequently
- Check temp every **2 hrs**
- **4 hours** in the **Danger Zone** means throw the food away!

Safe Cold-Holding



Cold-Holding

- Keep it **cold,** 41°F or colder
- Surround containers with ice
- Check the temp every **2 hrs**
- **4 hours** in the **Danger Zone** means throw the food away!

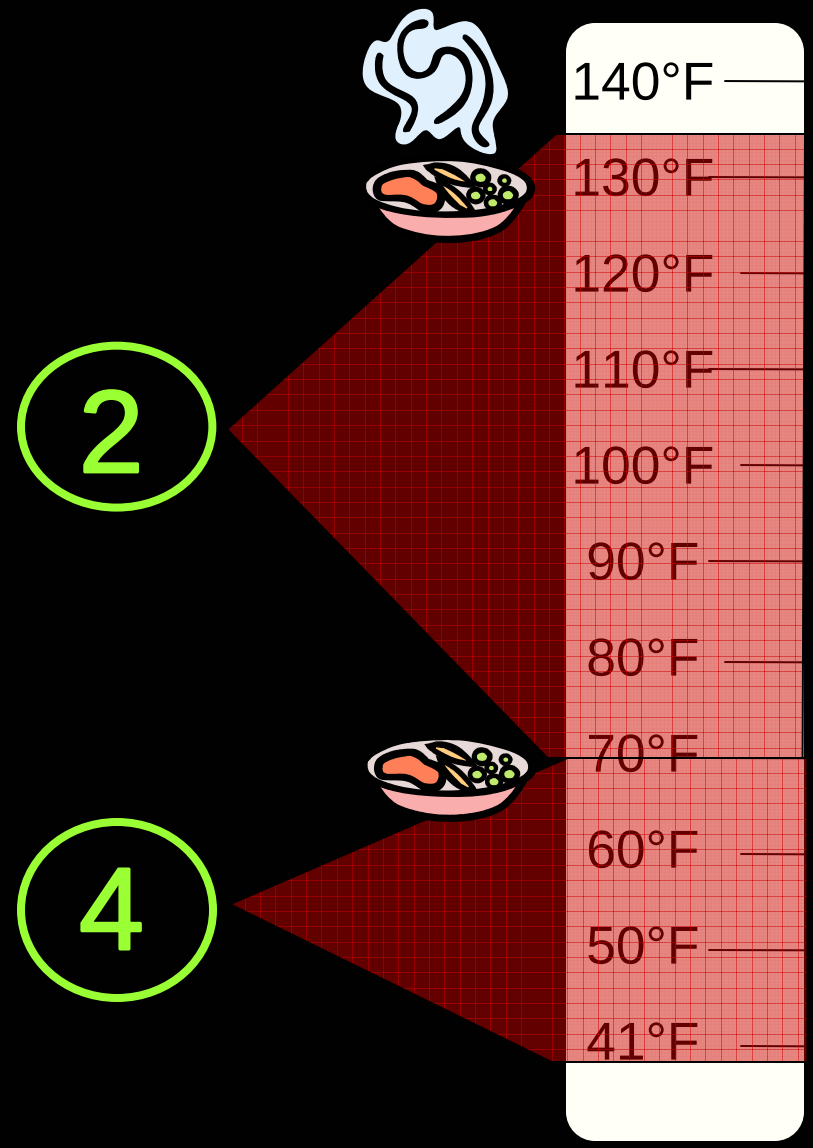
Cooling Hot Foods

Step 1

Food must cool from
135°F to 70°F
in 2 hours

Step 2

Food must finish cooling
to 41°F within
a total of 6 hours

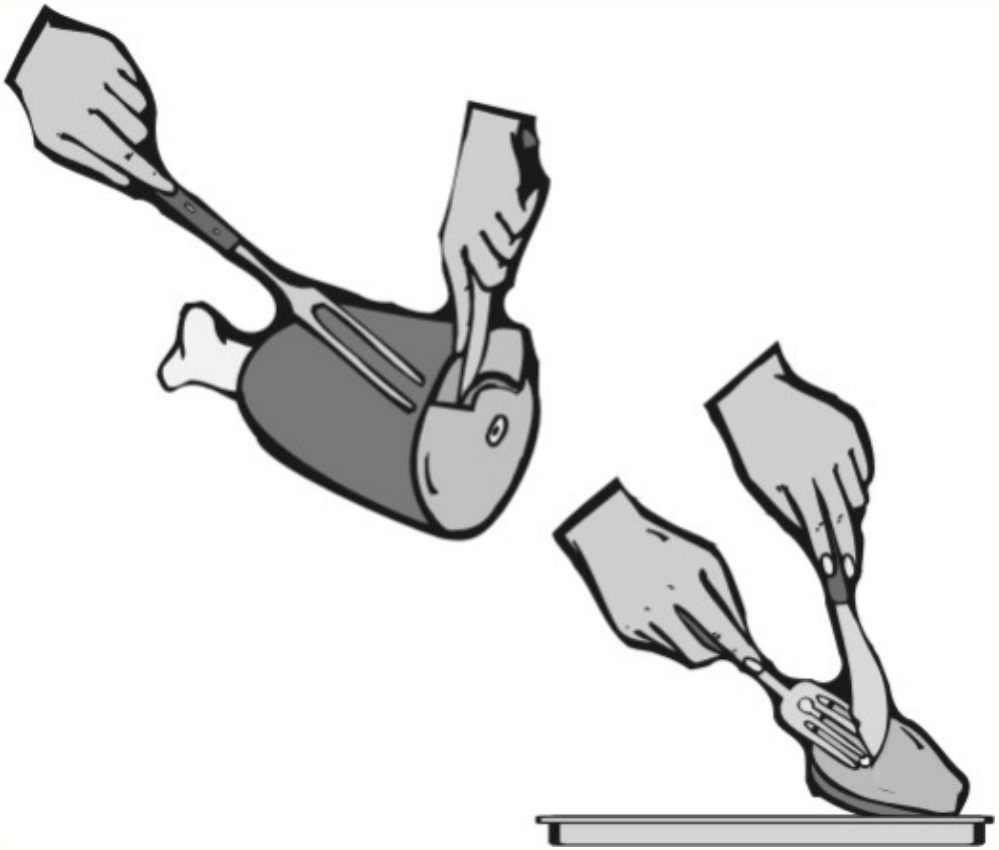


This is not just cooling to 41°F in 6 hours!

Ice Bath Method

- Ice / water mixture same level as food
- Stir frequently
- Can use ice wands too

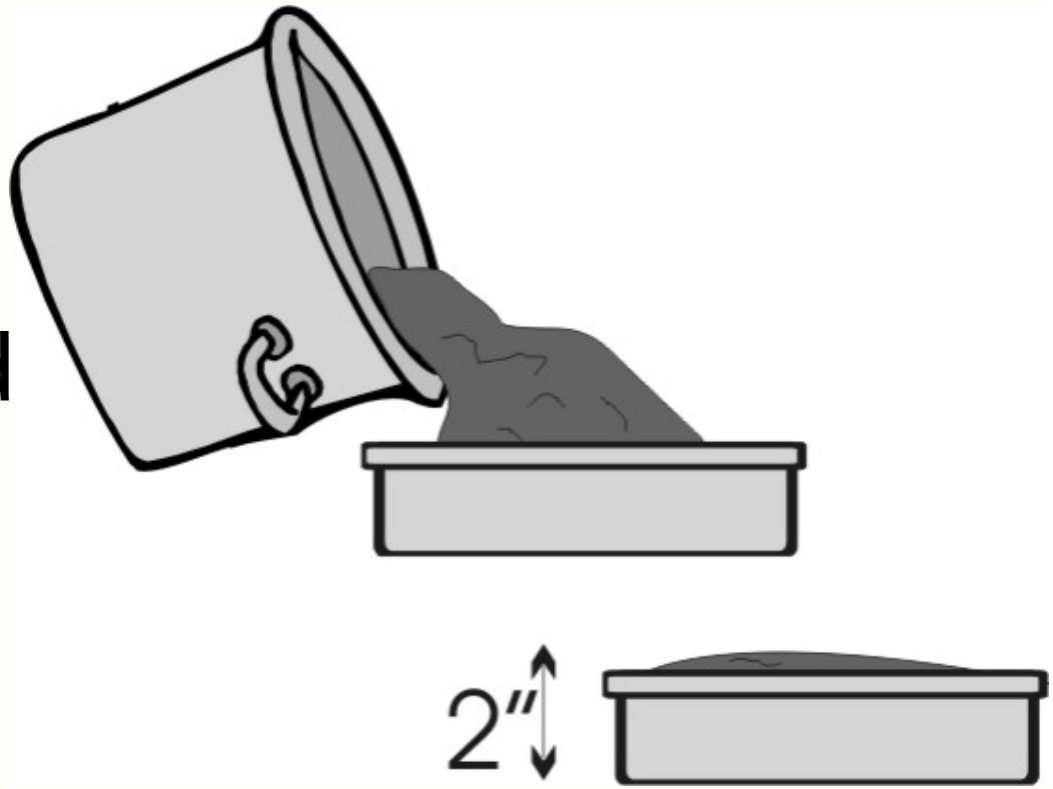
Smaller Portions



- Smaller pieces
- Thin layers

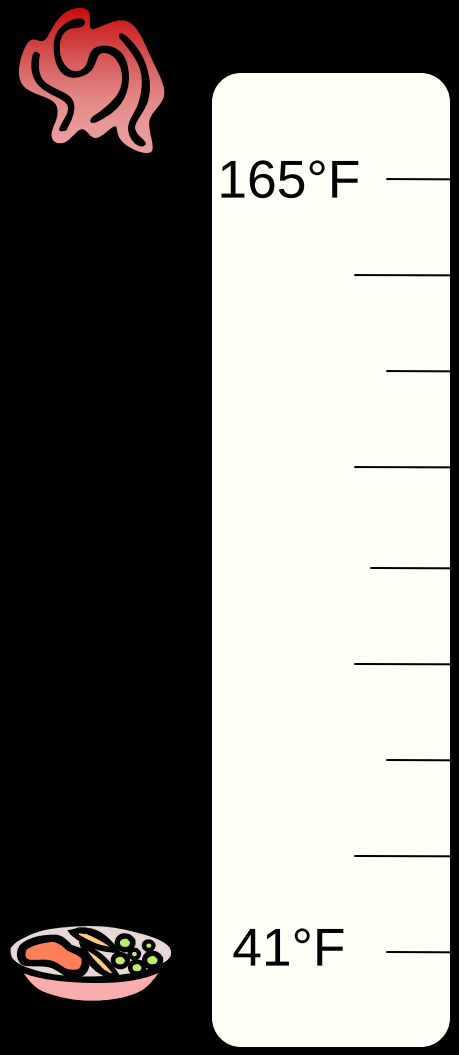
Shallow Pan Method

- Smaller pans
- 2-inch depth
- Keep uncovered
- Refrigerate
- Don’t stack



Safe Reheating for Hot Holding

- 165°F within 2 hours.
- Reheat on stove or in oven
- Check with thermometer



Safe Thawing

- Refrigerator
- Under cold running water (70° F or colder)
- As part of cooking process
- Microwave if cooked immediately

What Would You Do?

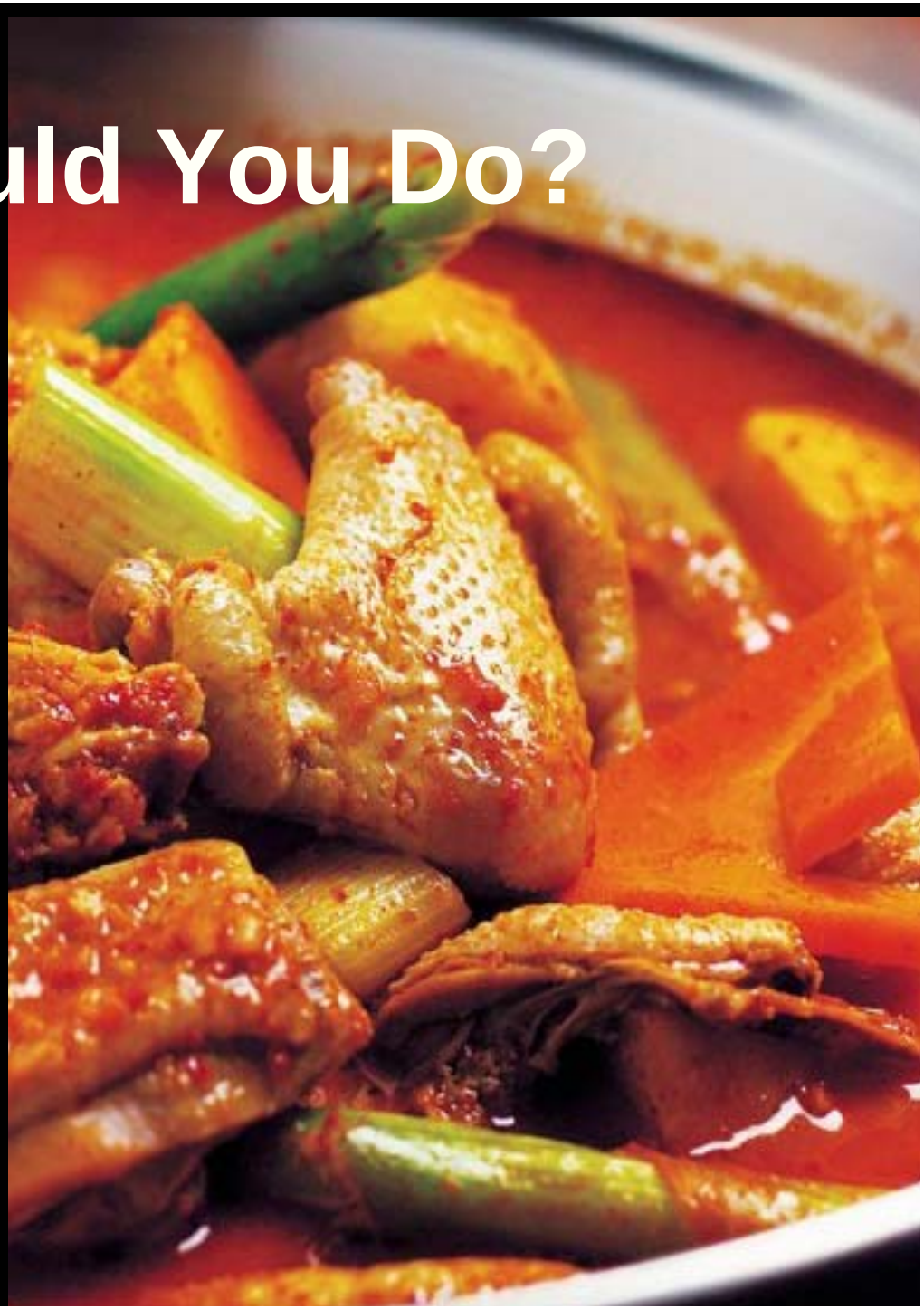
The Problem:

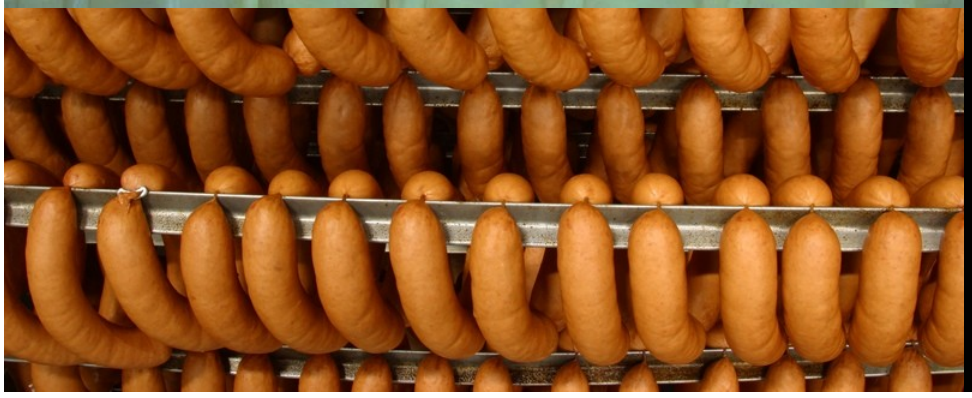
- **Ground beef thawing on counter from last night**
- **Now it is 73° F**

What Would You Do?

The Problem:

- **10 gal soup in fridge for 1.5 hours**
- **Now it is 87° F**





Part 4:Safe Sources

- Know your source
- Check deliveries
- Consumer advisory

Approved Sources

Meat and poultry - USDA

Shellstock - ID tag 90 days

KEEP REFRIGERATED	NAME AND ADDRESS:
	HARVESTER PERMIT NO:
	HARVEST DATE: DATE SHIPPED:
	HARVEST AREA:
	TYPE OF SHELLFISH:
	QUANTITY OF SHELLFISH:
	THIS TAG IS REQUIRED TO BE ATTACHED UNTIL CONTAINER IS EMPTY AND THEREAFTER KEPT ON FILE FOR 90 DAYS.

All food must come from permitted and inspected facilities!

No

- Home canned
- Home jarred
- Wild game
- Sport-caught fish

Deliveries

- ✓ **Truck condition**
- ✓ **Food temperature**
- ✓ **Approved source**
- ✓ **Food condition**
- ✓ **Receiving area**
- ✓ **Put away quickly**

Consumer Advisory

* *Consuming uncooked or undercooked foods of animal origin puts you at significant risk of foodborne illness or disease.*

Food Allergies

Symptoms

- tingling sensation
- hives, swelling of mouth and throat
- difficulty breathing
- loss of consciousness

What Would You Do?

The Problem:

Unlabeled steaks delivered

What Would You Do?

The Problem:

Grandma delivers some pies to your restaurant

Part 5: Proper Dishwashing

- Washing dishes properly
- Using Sanitizers
- Testing Sanitizers


Dishwashing
Manual
Mechanical

Sanitizing

Chemical

Hot Water

Chemical Sanitizing

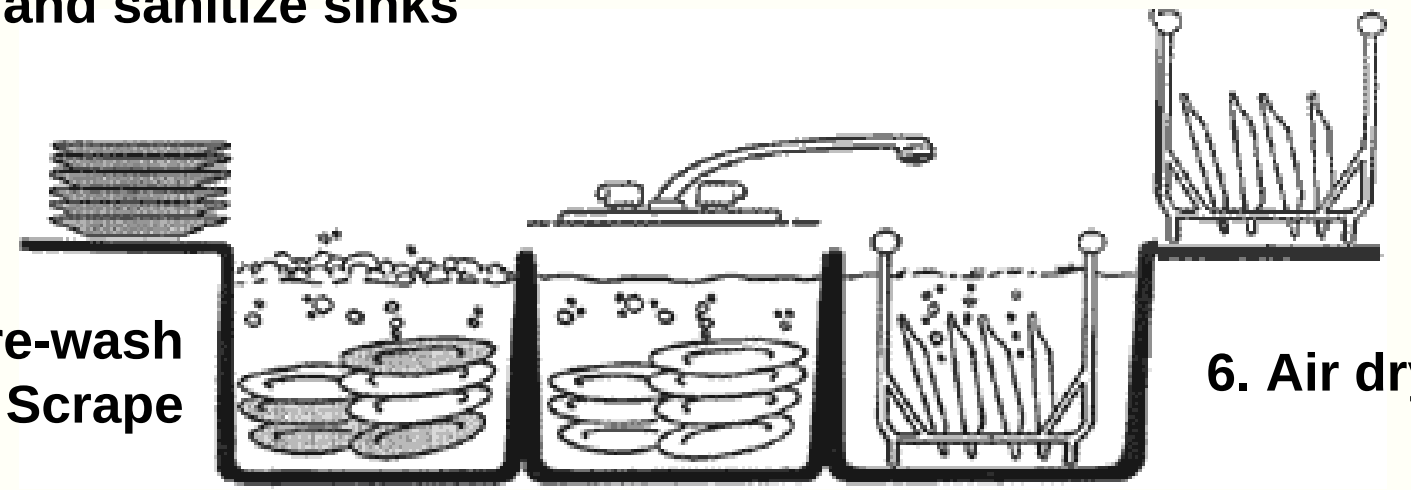
- Chlorine 50-100 ppm
- Quats 150-200 ppm
- Iodine 12.5-25 ppm
- Use test strip

Use Chemicals Safely

- **Measure according to manufacturer's directions**
- **Use test strips to check the strength**
- **Change the solution often**

Manual

1. Clean and sanitize sinks



2. Pre-wash Scrape

6. Air dry

3. Wash

hot water + detergent

4. Rinse

5. Sanitize

(test sanitizer)

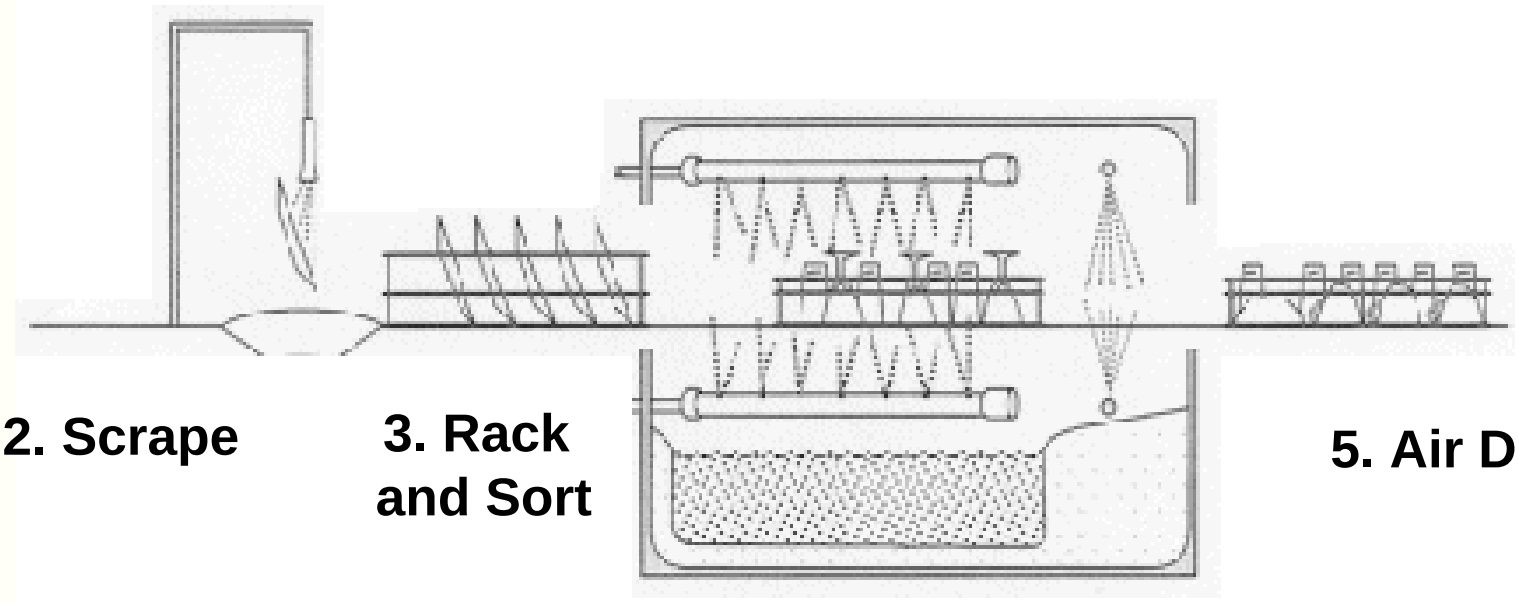
Change water frequently!

*Graphic courtesy of the City of Toronto Public Health Department

Mechanical

1. **Make sure the machine is clean**

6. Wash Hands



2. Scrape

3. Rack and Sort

5. Air Dry

4. Wash, Rinse, Sanitize

- ✓ wash and rinse temperature
- ✓ sanitizer (hot water or chemical)
- ✓ final rinse water pressure

What Would You Do?

The Problem:

Drain cleaner discovered connected to dishmachine!

The Problem:

Dish machine not hot enough to sanitize dishes

Key Points

- Handwashing
- Symptoms
- No Bare Hand Contact
- The Right Temperatures
- Cooling/Reheating
- Dishwashing
- Approved Source

Remember Food Safety is In your hands!

Test Question-Read all answers

- **Lack of handwashing is a known cause of foodborne illness. When do food workers need to wash their hands?**

A. After using the toilet.

B. Before starting work, after all breaks, and any other time hands get contaminated.

C. After handling raw foods, dirty dishes or garbage.

D. All of the above.

Test Question

- **A handwashing sink must be properly stocked and available so food workers may wash their hands. What <u>must</u> be at a handwashing sink?**

A. Hot and cold running water, soap, and paper towels.

B. Running water, paper towels, and hand sanitizer.

C. Hot and cold running water, nailbrush, and paper towels.

D. Hot running water, soap, and hand sanitizer.

Taking the Test

- Use only #2 pencil
- Darken each box completely
- If error is made erase completely
- Test ID
- Test is open book, but not open neighbor
- Fill in complete name and address

LAST NAME: DOE

FIRST NAME: JOHN

MAILING NUMBER AND STREET: Enter a space between number and name of street.: 5555 MAIN STREET

CITY: ANY TOWN

STATE: AK

ZIP CODE + 4: 55555

TEST AREA

USE NO. 2 PENCIL ONLY

TEST ID

QUESTIONS

1	A	B	C	D	12	A	B	C	D
2	A	B	C	D	13	A	B	C	D
3	A	B	C	D	14	A	B	C	D
4	A	B	C	D	15	A	B	C	D
5	A	B	C	D	16	A	B	C	D
6	A	B	C	D	17	A	B	C	D
7	A	B	C	D	18	A	B	C	D
8	A	B	C	D	19	A	B	C	D
9	A	B	C	D	20	A	B	C	D
10	A	B	C	D	21	A	B	C	D
11	A	B	C	D					

Alaska Department of Environmental Conservation
Division of Environmental Health
Food Safety & Sanitation Program

FOOD WORKER CARD ANSWER SHEET

SCANTRON FORM NO. F-20552-ADEC

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