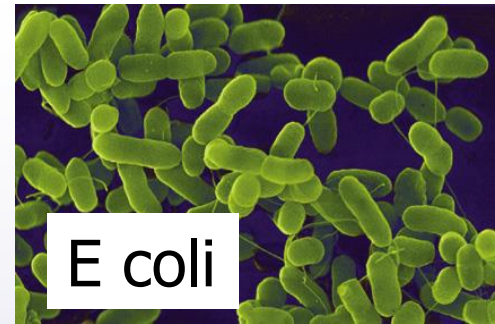




Cooper County Food Handler Class

Presented by Sue Wilman and
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Environmental Public Health Specialists

Foodborne Illness

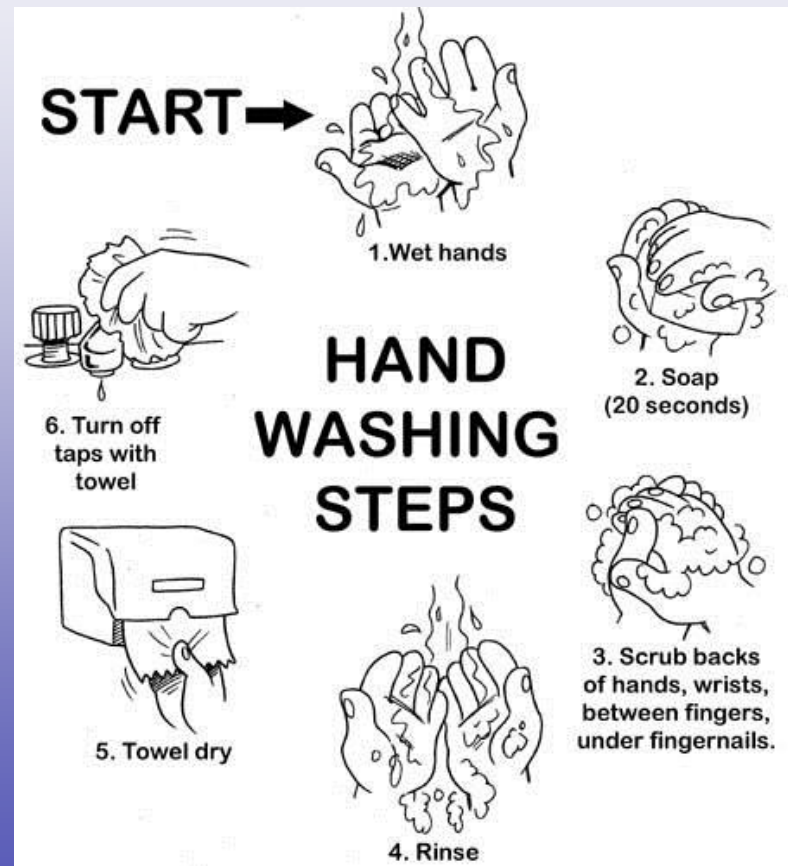


- Responsible for about 76 million illnesses and 5000 deaths every year
- Causes
 - Viruses, bacteria, parasites, toxins, metals
- Most susceptible
 - Very young
 - Very old
 - Pregnant women



Wash Your Hands

- Wash often
- Wash correctly
- No substitutes





Hand Washing Technique

- Wet hands with warm water.
- Apply soap.
- Vigorously rub hands and arms for about 20 seconds.
- Rinse with warm water.
- Dry with a single use paper towel.



When To Wash



- After using the restroom
- Before and after handling raw food
- After touching hair, face, or body
- After coughing and sneezing into your hands
- When switching from one task to another
- After handling chemicals
- Before and after changing gloves



Also wash:

- After bussing tables
- After handling garbage
- After handling cleaning chemicals
- Before and after your break
- After eating, drinking, or smoking
- Anytime you come into contact with **anything** that can contaminate food

Hand Washing Sinks

- Used **only** for hand washing
- Clean and accessible
- Hand washing signs posted



Proper Glove Usage



- Gloves should never be worn in place of hand washing.
- Change gloves
 - When they are soiled or worn
 - Before beginning a new task
 - After handling raw meat and before handling cooked or ready-to-eat food
- Never wash gloves

Bare Hand Contact Glove Usage

- Use gloves when handling any ready-to-eat food.
 - Salad, bread, fruit, cheese, cooked meats
- Bare hand contact only with foods that will be cooked
 - Raw meat



Eating, Drinking, Smoking

- Only in designated areas
 - Not in storerooms, bars, coolers
- May drink but cup must be covered and with a straw
- Be careful to avoid cross contamination





Illness Reporting



- Report these symptoms to your supervisor
 - Vomiting, diarrhea, fever, jaundice, infections on hands or wrists
- Anyone with these symptoms should not be working with food

Hair Restraints

- All employees working with food must have some kind of hair restraint
 - Hats, visors, hair nets





Dress Codes

- Clean uniforms, aprons, clothing
- No jewelry, long/artificial nails, nail polish
- Store personal items properly



Food Holding Temperatures

- Keep hot foods hot and cold foods cold.
- Temperature danger zone
 - 41°F to 135°F
- Hot holding temperature
 - 135°F or higher
- Cold holding temperature
 - 41°F or lower
- Reheating temperature
 - 165°F for 15 seconds



Cooling Foods

- Cool as quickly as possible
 - Divide into smaller containers
 - Ice baths
 - Ice paddles
 - Ice or cold water as an ingredient



Thawing Frozen Food

- In a refrigerator
- Under running drinkable 70°F water



- In the microwave if it is cooked immediately
- As part of the cooking process

Thermometers



- Check temperatures regularly
- Make sure the thermometer is properly calibrated and reads from 0°-220°.
- Ice-point method for calibration
 - Fill large container with ice and water.
 - Put thermometer into ice water.
 - Hold calibration nut with wrench and turn until the thermometer reads 32°F.

Cleaning and Sanitizing

- Wash
- Rinse
- Sanitize
- Air dry



WASH, RINSE and SANITIZE pots, pans, glasses, dishes and utensils.

Sanitizers

- Chemical
 - Chlorine (bleach)
 - Iodine
 - Quaternary ammonium compounds (quats)
- Heat
 - Water temperature at 171°F or higher

**Clean & Sanitize Your Kitchen
To Prevent Illness**



1 teaspoon household bleach + 1 gallon cool water = Sanitizer

Wash kitchen equipment and utensils with soap and warm water, then sanitize.
To mix a sanitizing solution: add ONE TEASPOON of bleach to ONE GALLON of cool water.
Make a new sanitizing solution every 2 hours or when cloudy. Do not use scented bleach. Do not mix bleach with any other products. Too much bleach can be harmful, follow label instructions.
For other sanitizing solutions such as quaternary ammonium or iodine, follow the manufacturers' directions.

Clean & Sanitize After Each Use



Florida - Pierce County Health Department
Antibiotic Resistance Task Force

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ANTIBIOTIC RESISTANCE Task Force

Sanitizers

- Test strips
 - Specific for the sanitizer
 - Test for correct concentration (50-100 ppm)
- Wiping cloths kept in sanitizer
- Store all chemicals away from food





Food Handling and Storing

- Wash fruits and vegetables
- Store raw meats and eggs below ready-to-eat foods
- Store canned and other dry goods in a cool, dry place off the floor
- Cool foods quickly
- Thaw frozen foods properly



Cross Contamination

- To avoid cross contamination
 - Don't add raw foods to cooked foods
 - Store raw meats below ready-to-eat food
 - Wash hands often
 - Sanitize food contact surfaces



Review

- Wash hands
- No bare hand contact with ready-to-eat food
- Keep hot food hot, keep cold food cold
- Store raw meat and ready-to-eat foods properly
- Clean and sanitize