

FOODSAFETY 101

GOOD PERSONAL HYGIENE & TEMPERATURE CONTROL ARE THE MOST EFFECTIVE WAYS TO PREVENT FOODBORNE ILLNESS.

- Regular & thorough hand washing (for 30 seconds) are of the utmost importance.
- **Foods within 4°C/40°F - 60°C/140°F are in the DANGER ZONE.**
- When handling foods directly you must wear food service gloves; when changing food groups, or coming in contact with dirty surfaces, garbage, packaging or soiled dishes you must change your gloves & wash your hands. Ideally, one should use designated preparation & serving utensils rather than their hands. This is the reason why eating while handling or preparing food is prohibited.
- When cleaning soiled food surfaces or bussing tables, using gloves & frequent hand washing can prevent the cross contamination of bacteria to surrounding areas. It also protects the staff member from Bacteria present in the area carried by guests.
- You cannot necessarily see, smell or taste Pathogens (disease causing bacteria).
- Bacterial contamination can be controlled by handling & storing food outside the danger zone & can be killed by high heat (Cooking/Reheating to 74°C/165°F). Note- not all bacterial by-products (toxins) can be destroyed by high heat, so it is imperative that Foods in the Danger Zone **MUST BE FOR AS SHORT A TIME AS POSSIBLE, NOT EXCEEDING 90 MINUTES.**
- Foods can become Contaminated....
 - Chemically- cleaning products, pesticides.
 - Foreign Objects- hair, insects, twist ties, etc.
 - Biologically- Pathogens, micro-organisms.
- Pathogens can contaminate food directly through physical contact (coughing, sneezing, rubbing your nose then resuming work) or indirectly via an object or other food/ also known as Cross-contamination (using the same knife or cutting board for different food groups i.e. - chicken & vegetables).
- Transportation & storage of Ice should be done in a controlled manner. Ice scoops left in the open or using random pieces to collect ice are potential sources for cross contamination.
 - Ice scoops should be placed in designated containers or stay inside the Ice Machine attached to the inside lid.
 - When filling Ice containers a lid must be placed on top to prevent debris from falling inside.
 - Gloves are worn when filling Water Glasses for service.
 - Ice placed in the service area and used for drinks must remain covered to prevent debris from falling inside.
- Cutlery, crockery & glassware should be stored to air dry away from soiled dishes & surfaces. Cutlery should always be handled & stored using the handles & never the “business end.”
- Methods preventing Cross-contamination include;
 - Use of colour coded cutting boards
 - Designated utensils for individual foods
 - Changing of gloves & Hand washing
 - Cleaning & Sanitizing
 - Proper storage of foods
- **Food Sensitivities & Allergies can be potentially lethal if not managed properly.**
 - Product knowledge, ingredient lists, signage, designated utensils, lids & ensuring cross-contamination is not possible are the greatest defense for guests with these issues.
- Potentially Hazardous Foods include; Meat & Poultry, Dairy products, Seafood & Shellfish, Eggs, Melons, Tofu.
- Less Hazardous Foods include; Canned/Dried Foods, Acidic Foods, Salty Foods & Frozen Foods.

KEY TEMPERATURES

Cooler- 0°C/32°F – 4°C/40°F

Freezer- minimum -18°C/0°F

Cooking- 74°C/165°F

Hot holding- minimum 60°C/140°F

Reheating (only once) - 74°C/165°F

- **IMPROPER COOLING IS THE #1 CONTRIBUTOR TO FOODBORNE ILLNESS!**

- Methods for doing this properly include; using ice baths, ice wands, increasing surface area/shallow pans, dividing into smaller pieces/quantities.

- **Thawing**- food temperatures must not enter the danger zone.

- Effective methods include; defrosting in a cooler with a tray underneath, in a sink or container under cold running water or for small quantities in the microwave provided that the item is prepared & cooked immediately.

- **Receiving & Storage**- Cardinal rules- if it can drip or leak; store with a tray underneath.

- Inspect packaging- should be perfect
 - Check temperatures
 - Ensure proper stock rotation
 - Check for specific handling or storage instructions i.e.- expiry dates
 - Ensure that nothing is on the floor
 - Store processed or cooked foods above raw foods.
 - Poultry/Meats (raw & cooked) should be stored below everything.

- **Cleaning & Sanitizing**

- Spray bottles & Chemicals should only be used when clearly labeled & identifiable
 - Know what chemicals are to be used for & any safety requirements.
 - You must clean before you can sanitize- you can't rinse something clean, including your hands.
 - To clean, you need (soap or chemical) & a clean rag/wipe/paper towel to remove debris, spray with sanitizer & wipe with a clean paper/chix or rag.
 - Rags are potentially hazardous if used for multiple tasks; ideally use paper towels, chix towels or clean rags.
 - Dishwashing- water must be changed every 90 minutes & grates should be emptied at same time.
 - Constantly check the wash 60°C/140°F & rinse 82°C/180°F temperatures.

The 3 main areas that the Food Safety Dept. focuses on that can minimize the risk of Food borne illness are;

**PERSONAL HYGIENE
CROSS-CONTAMINATION
TEMPERATURE CONTROL**