



# FOOD SAFETY



The National School Lunch Program serves **26 million children** healthy, affordable meals every school day and has a longstanding and outstanding record of food safety.

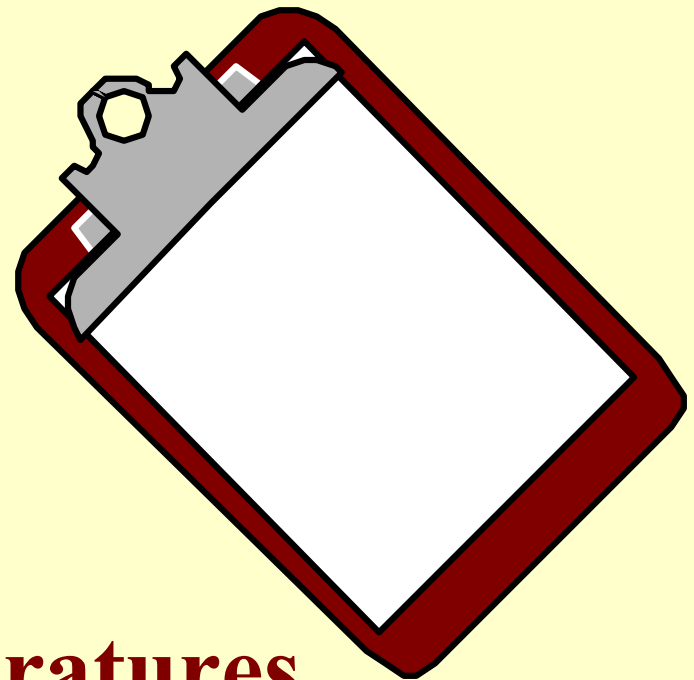


**All schools serving food fall under the jurisdiction of local health and sanitation departments.**

**Schools must comply with the local health regulations.**

# **Cafeterias are routinely inspected for safe and sanitary food handling procedures:**

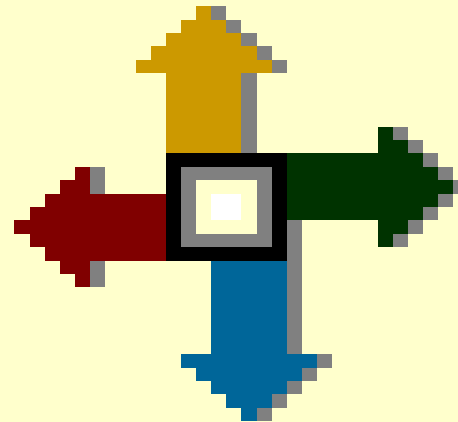
- **Cleanliness**
- **Hand Washing**
- **Safe Preparation**
- **Holding and Storage Techniques and Temperatures**



**It is important to concentrate not only on safe food handling, but also on how food flows through the process:**

**Delivery and Storage**

**Purchasing**



**Preparation**

**Serving**

# TOP TEN REASONS TO HANDLE FOOD SAFELY

10. Safe food handling practices are the ones most likely to preserve food's peak quality
9. Safe food handling lets you enjoy the fullest nutritional benefits of food.
8. The safest ways to handle food are usually the most efficient.
7. Safe food handling is easy and sets a good example, especially for children.
6. Safe food handling inspires confidence.
5. Safe food handling can protect the reputation of your organization
4. Safe food handling is the responsible thing to do.
3. Safe food handling saves money.
2. By handling food safely, you will spare your customers a painful bout of illness.
- 1. It may save a life.**



# TEN MAJOR CAUSES OF FOOD-BORNE ILLNESS

1. **Inadequate Cooling or Cold Holding**
2. **Time and Temperature Abuse**
3. **Inadequate Hot Holding**
4. **Poor Personal Hygiene**
5. **Inadequate Reheating**
6. **Inadequate Cleaning and Sanitizing of Equipment**
7. **Improper Use of Leftovers**
8. **Cross-Contamination**
9. **Inadequate Cooking**
10. **Unsafe Food Source**





# **GENERAL SYMPTOMS OF FOOD-BORNE ILLNESS**

**Many children get sick each year from the food they eat.**

**Watch for signs of:**

**Diarrhea**

**Vomiting**

**Upset Stomach**

**Fever**

**Cramps**

**In serious cases, food poisoning causes double vision, trouble with swallowing or breathing, paralysis, or even death.**

# CONTAMINATION AND FOOD-BORNE ILLNESS

- Practice safe practices in thawing, storing and cooking food.
- Frequent handwashing
- Be Aware of Employees With Illnesses
- Clean Uniforms and Aprons
- Hair Restraints
- Preparation Equipment and Surfaces
- Appropriate Equipment and Utensil Storage





# SAFE THAWING OF FOOD

**The best way to thaw foods is in the refrigerator, since the outside parts that thaw first will be kept below 40 degrees F.**



# REFRIGERATED STORAGE

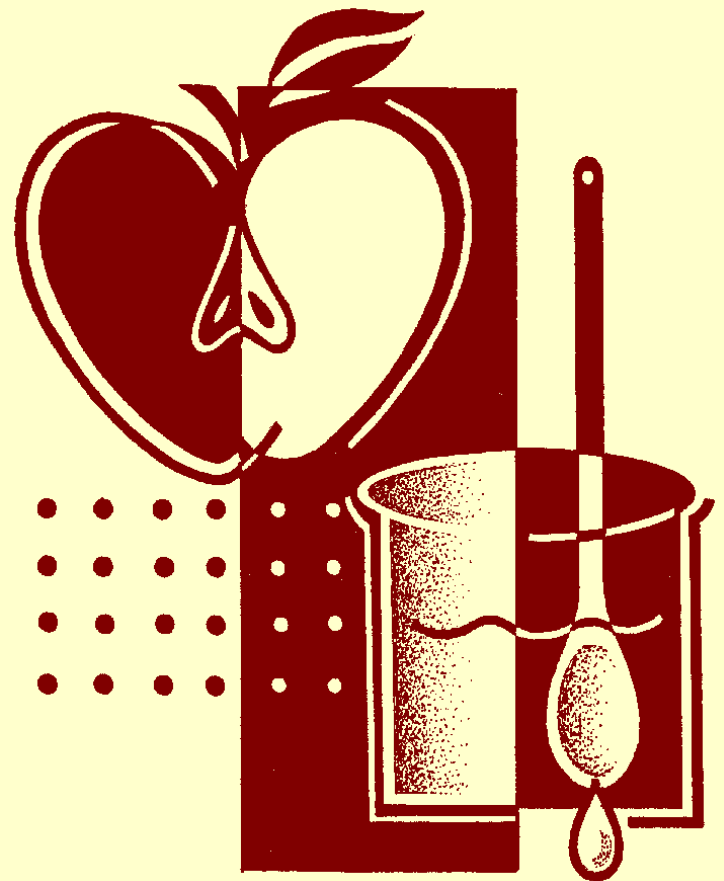
Harmful bacteria multiply extremely rapidly when the temperature is between 40 and 140 degrees F. This range of temperatures is called the **DANGER ZONE**.

**CHECK THE TEMPERATURE IN REFRIGERATED STORAGE UNITS FREQUENTLY.**



# COOKING AND HOLDING TEMPERATURES

- Keep preparation and serving times to a minimum.
- Use a thermometer to make sure that food has been fully cooked.
- Serve food hot, not lukewarm -- to ensure both food safety and food quality.
- Make sure that food is held above 140 degrees .



# HANDWASHING



- **Wet your hands with warm water.**
- **Work up a lather on your hands, wrists and forearms.**
- **Use a clean nail brush to clean your neatly trimmed nails. Make sure that you pay particular attention to the areas underneath fingernails and between your fingers.**
- **Rub one hand against the other for at least 20 seconds, concentrating on the areas between your fingers and around your nails.**
- **Don't forget to wash your wrists and forearms.**
- **Rinse all areas under warm running water.**
- **Dry your hands using clean disposable towels or an air dryer.**
- **When a second washing is required, repeat the above procedure omitting use of the nail brush.**

# ILLNESS

- **Restricted Duties**
- **Using gloves**
- **Contagious Illnesses**



# UNIFORMS

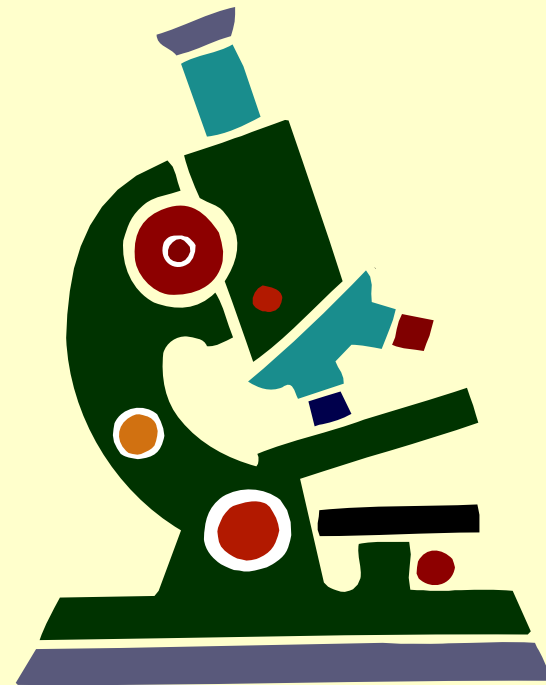


- **Clean Outer Covering**
- **Change Daily or More Often as Necessary**
- **Do not wear outside the cafeteria**
- **Store dirty laundry in containers away from any food or storage areas.**

# HAIR RESTRAINTS

**Hair and microorganisms found in hair can contaminate food.**

- **Hair Nets**
- **Hats**



# **CLEANING FOOD CONTACT SURFACES**

- 1. Remove food**
- 2. Unplug, turn off, or disconnect all power.**
- 3. Disassemble.**
- 4. Wash**
- 5. Rinse**
- 6. Sanitize**
- 7. Air Dry**
- 8. Reassemble**
- 9. Resanitize**

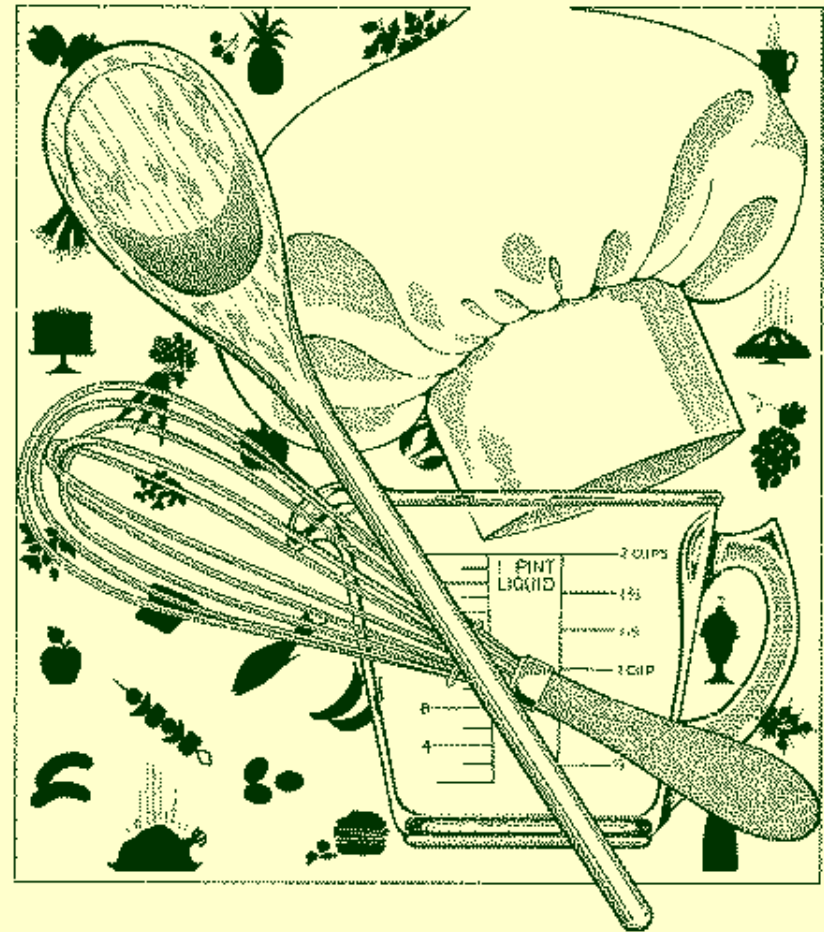


# WHEN TO SANITIZE

- **After Processing**
- **Every 4 Hours**
- **Following a Time Delay**
- **After Final Use of Day**
- **Whenever Contamination May Have Occurred**

# EQUIPMENT AND UTENSIL STORAGE

- Clean, dry, self-draining location
- Away from exposure and covered or inverted
- Off the floor



# **CROSS-CONTAMINATION**

## **Cross-Contamination Requires:**

- 1 Dangerous Level of Bacteria**
- 2 Means of Transporting It**

# **SOME GOOD TIPS FOR AVOIDING CROSS-CONTAMINATION**

- **Separate Work Areas**
- **Clean Utensils and Work Area**
- **Keep Utensils at Assigned Stations**
- **Disposable Gloves**
- **Storage of Foods**

