

HACAP Food Reservoir

Food Safety Training



Importance of Food Safety Training

If food handlers do not handle food correctly it can become unsafe. These are 5 common food handling mistakes that can cause food borne illness:

1. Purchasing food from an unsafe source
2. Failing to cook food correctly
3. Holding food at incorrect temperatures
4. Using contaminated equipment
5. Practicing poor personal hygiene

Foodborne Illness

A disease that is transmitted to people through food. Symptoms may occur within minutes to a week and because the symptoms are often flu-like, many people may not recognize that the illness is caused by harmful bacteria or other pathogens in food. In people with weakened immune systems, the infection may be more severe and lead to serious complications, including death.

The top 5 food born illness in the United States are:

1. Norovirus
2. Salmonella
3. Clostridium Perfringens
4. Campylobacter
5. Staphylococcus

3 Types of hazards that make food unsafe:

- Biological- Bacteria, viruses, fungi.
 - The FDA singles out the top 6 biological contaminants. Shigella, Salmonella, Notyphoidal Salmonella, E Coli, Hepatatis A, and Norovirus
- Physical- bones, pits, or inorganic items in food such as glass, bugs, plastic, jewelry, etc.
- Chemical- Cleaners, sanitizers, and pesticides.



Causes of Foodborne Illness

- The number 1 cause of foodborne illness is **POOR PERSONAL HYGIENE!** Please wash your hands and cover your sneezes! Poor personal hygiene leads to the transfer of pathogens from your body to your food.

#1



Elderly people, young children
and people with compromised
immune systems are at high risk
of foodborne illness



Other Causes of Foodborne Illnesses

- Cross-contamination- transferring of pathogens from one surface to another. Ex: Cutting raw meat and then using the same knife to cut up an apple to eat.
- Time and Temperature abuse- food not being stored at the right temperature. Food not cooked to the correct temperature, or reheated enough to kill pathogens, or food that is not cooled correctly.
- Poor cleaning and sanitation- when food equipment or surfaces are not cleaned and sanitized correctly between uses. Ex: wiping cloths left in dirty buckets of water and reused to wipe down tables multiple times.

Proper Handwashing

- Wet hands and arms using running water as hot as you can comfortably stand.
- Apply enough soap to build up a good lather.
- Scrub hands and lower arms for 10-15 seconds, and include under your nails and between fingers.
- Rinse hands and arms with running warm water.
- Dry hands and arms, do not use your apron or part of your clothing. Use a single use paper towel or hand dryer. Use the paper towel to turn off the faucet and open the restroom door.



Examples of When to Wash your Hands

- Before you start work
- After using the restroom
- After touching your hair, face or other body parts
- Before and after handling raw meat
- Before and after eating or drinking
- After sneezing, coughing or using a tissue
- After taking out garbage
- After handling chemicals
- After smoking
- Before putting on gloves at the start of a new task



Other things to know about washing hands

- Hand sanitizers are never to be used instead of washing.
- Wash hands only in a designated handwashing sink, do not use food prep sinks for handwashing.
- Sinks should have hot and cold running water, liquid soap, single use paper towels or hand dryers and garbage containers near them at all time.
- Make sure sinks are never blocked and easily accessible.

Glove Usage

- Only use single use gloves when handling food.
- Make sure the gloves fit your hands.
- Do not blow into or roll gloves to put them on.
- Never rinse, wash or reuse gloves.
- Wash your hands before putting on gloves.



When to Change Gloves

- If they become dirty or torn.
- After handling raw meat, seafood or poultry and before handling ready to eat food.
- Before beginning a new task.
- Before or after handling any food with a known food allergen.
- After an interruption, such as touching your phone, hair or face.

Personal Hygiene Tips

- Keep fingernails short and clean.
- Wear gloves if fingernail polish is in use.
- Cover wounds with proper bandages.
- If cooking, wear a clean hat or other hair covering so loose hair does not fall into food. Long hair should be tied up or put back.
- If cooking, beards and mustaches must be covered.
- Do not wear jewelry while handling food.
- If cooking, wear a clean apron .
- Do not wear watches or bracelets as they can get caught in things.
- Do not smoke, chew gum or chewing tobacco around food.
- If you are sick, do not go to work, especially if you have symptoms of vomiting, diarrhea, jaundice, or a sore throat with a fever.
- Shower or bath prior to your shift.
- Wear clean clothes.
- Store all personal belongings away from food.

Food Allergens

- Food allergies occur when the body has a reaction to certain food items. While many different foods can cause allergic reactions, the Food Allergen Labeling and Consumer Protecting Act of 2004 identifies eight foods as a major food allergens. In April of 2021, a law was signed declaring a 9th food allergen recognized by the United States.

Food Allergens

1. Milk
2. Eggs
3. Fish (ex. bass, flounder, cod)
4. Crustacean shellfish (ex. crab, lobster, shrimp)
5. Tree nuts (ex. Almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans
9. Sesame



EGG



WHEAT



PEANUT



MILK



SOY



TREE
NUTS



FISH



SHELLFISH



SESAME

Preventing Food Allergen Contamination

- Labels are the most important way to help keep people with food allergies safe.
- Place allergen signs on shelving or doorways to alert that certain products may be in use.
- Clean and sanitize all surfaces that have come in contact with food containing an allergen.
- Inspect food packing to ensure no leakage or spills that can cause cross contamination.
- Store foods with allergens separately from allergen free products.
- Wash hands and change gloves after handling a food containing allergens and before handling allergen free food.

Cross Contamination

- Cross contamination is the transfer of pathogens from one surface or food to another.
- Two types of cross contamination:
 - **Indirect**- Ex: a raw chicken breast is cut with a knife on a cutting board and then the same knife and cutting board is used to cut an apple.
 - **Direct**- A plate of raw meat is dripping and is placed on a shelf above an open pitcher of water in the refrigerator.

How to Avoid Cross Contamination

- Cover raw food and keep it separate from ready to eat food in the fridge.
- Use clean and sanitized utensils and cutting boards.
- Store cooked and raw food separately.
- Follow proper handwashing guidelines.

Cross Contact

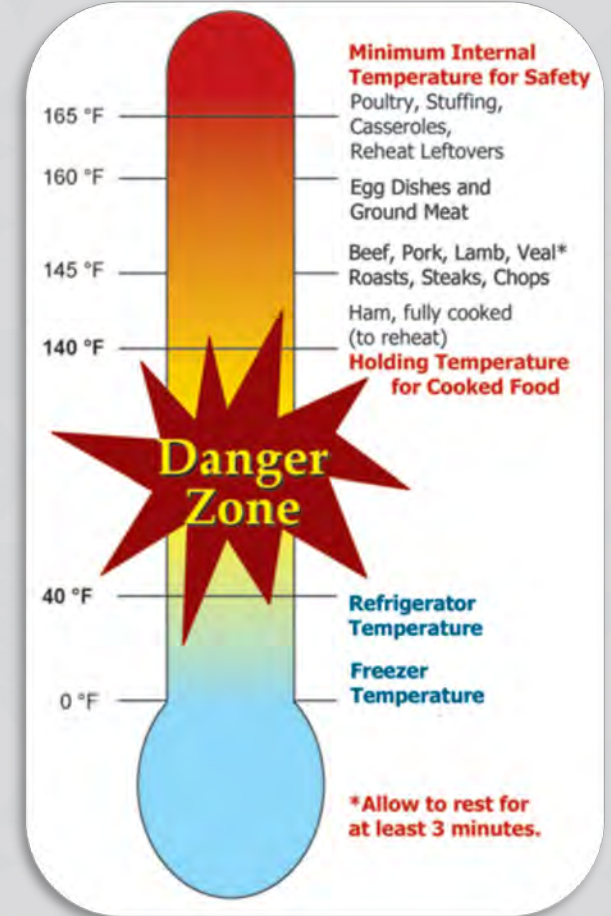
- Cross contact is when a food item containing an allergen comes in contact with another food item and their proteins mix.

How to Avoid Cross Contact

- Isolate spilled food containing an allergen from other food products.
- Inspect surrounding products to make sure they have not come in contact with the spilled food.
- Dispose of any open product that can come in contact with the spilled food.
- Clean and sanitize the area.

Time and Temperature Control

- Most foodborne illnesses happen because TCS (temperature controlled for safety) food has been time-temperature abused. TCS abuse happens anytime the food remains between 41 degrees F and 135 degrees. This is called the temperature danger zone because pathogens grow in this range. But most pathogens grow much faster between 70 degrees F and 125 degrees F.
- The longer food stays in the temperature danger zone, the more time pathogens have to grow. If food is held in this range for four or more hours, you must throw it out.



Time and Temperature Control

Food is being temperature abused anytime it is handled in the following way:

- Cooked to the wrong internal temperature.
- Held at the wrong temperature.
- Cooled or reheated incorrectly.



Transportation

- Transportation vehicles must not have recently hauled garbage, waste, chemicals, broken glass or other materials that may contaminate food product.
- Transportation vehicles must be in good condition, clean and free of holes and infestation.
- Transportation vehicles must be free of safety hazards including but not limited to fluid leaks, properly operating doors and hatches.
- No pets are allowed in the Food Reservoir, please ensure your volunteer staff is aware of this as they are not allowed to bring pets in their vehicles during pickup.



Transportation

All partners outside of a 30 minute travel time must adhere to the following guidelines. This includes picking up items from the HACAP Food Reservoir, as well as travel time for those agencies that pickup food from retail locations.

- Must have adequate coolers or thermal blankets for all frozen or refrigerated food.
- Ensure frozen or refrigerated product temperatures are taken and recorded prior to leaving with food. (If picking up from HACAP this will be done by staff, if picking up from a retail location, it is the agencies responsibility).
- Ensure frozen or refrigerated product is temp checked prior to being placed in appropriate storage when food returns to agency facility.

Cleaning and Sanitizing Steps

Cleaning removes food and other dirt from surfaces.

Sanitizing reduces pathogens on a surface to safe levels.

When to Clean and Sanitize

- Before and after use.
- When changing to a new product or between allergens.
- After four hours if the items have been in constant use or any time the item has become contaminated.

Cleaning and Sanitizing Steps

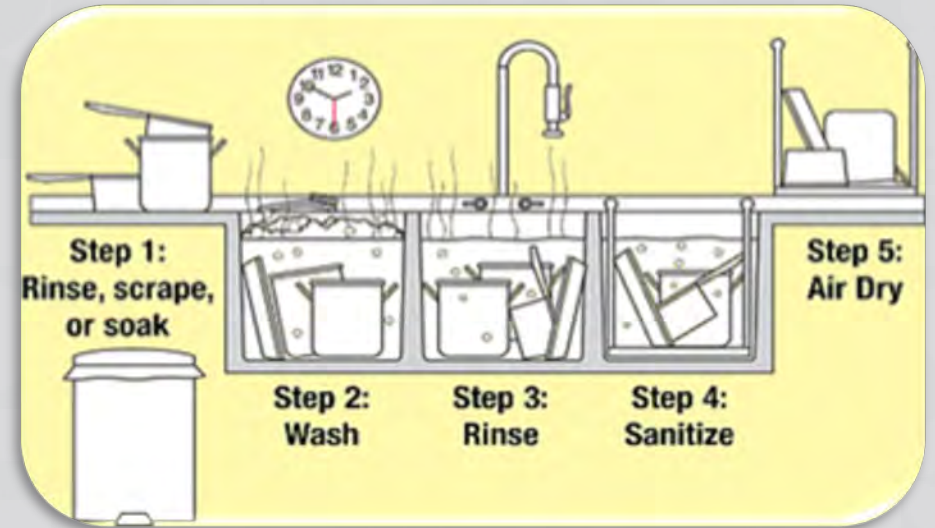
Preparation:

- Use a three compartment sink.
- Fill sink 1 with water at least 110 degrees F and add detergent.
- Fill sink 2 with water, leave empty if spray-rise items.
- Fill sink 3 with water and add the correct amount of sanitizer, use a test kit to check the strength.

Cleaning and Sanitizing Steps

Process:

1. Rinse, scrape, and soak items before washing, and place in sink 1.
2. Wash in first sink, change the water and detergent when the suds are gone or the water is dirty.
3. Rinse the item in the second sink.
4. Sanitize in sink 3, soak for the correct amount of time as stated on sanitizer instructions.
5. Air dry item upside down.



Pest Control

- Watch for signs of pest control issues. Droppings, nests, or damage to products.
- Ensure you have a pest control program in place with a licensed company to provide ongoing pest management.
- Keep food stored in appropriate locations and containers to deter pest from entering your facility.
- Keep establishment clean .
- Keep doors closed at all times to deny access for pest entry.



Things to know about Garbage

- Remove garbage as quickly as possible.
- Do not contaminate food or surfaces when removing garbage.
- Do not clean garbage containers in food storage area.
- Clean the inside and outside of containers often.
- Keep lids on all garbage receptacles.
- Keep indoor food waste containers covered and contained.



Evaluating Food Conditions

Canned Food

Canned food that is damaged or defective can cause a foodborne illness. Discard cans if they have the following defects:

- Severe dents in the seams.
- Missing labels or unreadable labels due to stains or tears.
- No code dating.
- Holes or punctures.
- Visible signs of leakage.
- Swollen or bulging ends.
- Rust that cannot be wiped off.



Evaluating Food Conditions

Jars and Bottles

Discard if they have the following defects:

- Lid swollen, rusted or dented.
- Missing labels or unreadable labels due to stains or tears.
- No code dating.
- Food contains mold or foreign objects.
- Signs of dirt or mold under lid.
- Lid is loose.
- Button on lid is lifted indicating the seal is broken.
- Visible signs of leaking.
- Jar is chipped or broken.
- Food is discolored.
- Food has separated or has an unusual appearance.



Evaluating Food Conditions

Dry Food

Discard any for the following defects:

- Missing labels or unreadable labels due to stains or tears.
- No code date.
- Bag inside of box is open or punctured.
- Signs of pest gnaw marks on cardboard, or droppings around packaging.
- Inner package of food is damaged in any way, wet, stained, discolored.



Evaluating Food Conditions

Produce Quality

Discard if any of the follow defects:

- Mold
- Decay
- Bad odor.
- Signs of insects, dead or alive.
- Severe bruising.
- Skin not intact.
- Cut produce that has not been stored at 41 degrees or lower.
- Cut produce that does not have a label or code dating.



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the training. Please go back
to the website now to
complete your quiz!**

**Once your quiz is completed your RPC will
contact you with your results within 48 business
hours.**

