FOOD SAFETY CLASS

Broome County Health Department

Division Of Environmental Health Services

Mark Mancini
Senior Public Health Sanitarian
TCS FOOD (TIME/TEMPERATURE CONTROLLED FOR SAFETY)

- These foods can support the growth of microorganisms
- These foods were previously called potentially hazardous foods
FOODS THAT SUPPORT THE GROWTH OF MICROORGANISMS - TCS FOOD

• Milk and milk products
• Eggs
• Shellfish and crustaceans
• Fish
• Baked potatoes
• Sliced tomatoes and cut melons
• Textured soy protein in meat alternatives
• Meat such as beef, pork and lamb
• Poultry
• Raw sprouts and sprout seeds
• Heat treated plant foods like rice, beans and vegetables
• Tofu or other soy protein
• Untreated garlic-in-oil mixtures
PROPER HAND WASHING

- Water should be as hot as you can comfortably stand, approximately 100° F
- Wash your hands for 10 to 15 seconds
- Use the paper towels that you dried your hands to turn off the faucet handles so you don’t recontaminate your hands
- Use hand antiseptics after washing your hands and don’t use it as a substitute for hand washing
HANDWASH STATION

• Use an insulated beverage container with a bottom pour spout
• Water flow must be controlled by a flip lever or stopcock. It cannot be a push button
• A waste water container must be used for example a 5 gallon pail. No discharge of waste water onto the ground
• Soap and paper towels must be provided for hand washing and hand drying
WHEN TO WASH HANDS

• Before starting work
• After using the restroom
• Touching any part of your body
• Touching, sneezing, coughing or using a tissue
• After smoking, eating, drinking or chewing gum or tobacco
• After handling chemicals that might affect the safety of food
• Taking out garbage
• Before and after handling raw meat, poultry or fish
• After touching anything else that may have contaminated your hands
PROPER GLOVE USE

- Gloves must fit properly
- Gloves cannot be reused
- Wash hands before putting gloves on or changing to a new pair
- Hand washing must always be done with glove use
- Gloves must be changed:
  - When they become soiled or torn
  - Beginning a different task
  - Every 4 hours or more often when necessary
  - After handling raw meat and before handling cooked, ready to eat food
  - Whenever they have become contaminated
PERSONAL CLEANLINESS AND ATTIRE

- Shower or bathe daily
- Dirty hair can harbor pathogens
- Wear a clean hat or hair restraint
- Wear clean clothes
- When leaving the food prep area to use the restroom or take out the trash, remove your apron
EATING, DRINKING, SMOKING AND CHEWING GUM OR TOBACCO

• Prohibited when preparing or serving food
• Prohibited in area for cleaning utensils and equipment
• Saliva can be transferred to employee’s hands or directly into food
REPORTING ILLNESS AND INJURY

- Before starting work
- Immediately when you become ill during work
- **DO NOT WORK IN FOOD SERVICE IF YOU ARE ILL**
CROSS-CONTAMINATION

- Defined as the transfer of microorganisms from one food or surface to another

- Prevention:
  - Use specific cutting boards for raw food and a different set for ready-to-eat foods
  - Clean and sanitize work surfaces, equipment and utensils after each use
  - Prepare raw meat, poultry and ready-to-eat foods at different times if you only have one prep table
TIME AND TEMPERATURE

• Temperatures between 45° F and 140° F is known as the temperature danger zone
• Minimize the time that food is in this temperature danger zone
• If food is in this temperature zone for more than 4 hours, throw the food out
REFRIGERATOR AND FREEZER STORAGE

- Refrigerators must be operated so that potentially hazardous food is maintained at or below 45°F
- Do not overload refrigerators or freezers so there is no airflow around food stored in these units
- Store raw meats so that ready to eat foods are not contaminated (cross-contamination)
- Any ice used to keep foods cool must come from an approved source.
THAWING FROZEN FOODS
ACCEPTABLE METHODS INCLUDE

• Refrigeration
• Under cold running water
• As part of the cooking process – If under 3 pounds
• In the microwave oven
PREPARATION

• Use pasteurized shell eggs or egg products for egg dishes that require little or no cooking especially for high risk populations

• Produce
  – Do not prepare next to raw meat, poultry or eggs
  – Clean and sanitize workspace and utensils that will be used
  – Wash thoroughly under cold running water to remove dirt and other contaminants
MINIMUM COOKING TEMPERATURES

- Poultry and stuffed meats: 165° F
- Pork: 150° F
- Rare roast beef: 130° F
- Eggs and foods containing eggs: 145° F
- Ground beef: 158° F
- All other potentially hazardous foods: 140° F
- Cooking does not destroy bacterial spores or toxins
HOT HOLDING

• All potentially hazardous foods must be hot held at or above 140° F

• Rare roast beef can be hot held at 130° F. the first time only

• Check at least every 4 hours, checking every 2 hours will leave room for corrective action
METAL STEM THERMOMETER

- Dial face should be a minimum of 1 inch in diameter
- Must be calibrated to 2 °F or 1 °C
- Temperature range: 0 to 220°F
- Minimum stem length should be 5 inches
- You must check it to make sure it is accurate – use ice water and recalibrate to 32°F if necessary
REHEATING

• Potentially hazardous foods must be reheated to 165° F in 2 hours time or less
• This reheated potentially hazardous food can then be hot held at 140° F or above
• Commercially processed potentially hazardous food can be heated to 140° F within 2 hours the first time only
PROPER STORAGE OF FOOD AND DISPOSABLES

• All food containers including coolers are to be stored a minimum of 6 inches off the ground

• All disposable items which include styrofoam plates, paper plates, plastics forks, spoons and knives must be stored a minimum of 6 inches off the ground
THREE BASIN SINK

- First: wash with soap or detergent in the first basin
- Second: rinse with just water in the middle basin
- Third: sanitize with an acceptable sanitizing agent in the last basin
- Last: air dry all items
- Use commercial sanitizers as per manufacturer's instructions
- For sanitizing food contact surfaces, the sanitizer strength must be twice that used for immersion sanitizing
SAFE FOOD SAMPLING

• Use single portion samples prepared ahead of demonstration
• Operator hands out samples
• Sneeze guards or barrier over samples
• Utensils (tongs, toothpicks, shaker-type dispensers)
• Limit amount of food displayed
• Monitor consumers
MISCELLANOUS ITEMS

• Vendor is responsible for cleaning up trash and garbage in and around the booth
• Vendor must take measures to control insects and dust