BASIC FOOD SAFETY AND SANITATION FOR MEAL PROGRAMS

Samantha Abella

Nutrition Resource Manager

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ENSURING FOOD SAFETY

- To ensure the safety and integrity of the food distributed within Food Bank's service area:
  - Food Bank staff and partner agencies are trained in food safety
  - Food Bank facilities are regularly monitored and audited for food safety

--LIC provides technical assistance to our member agencies

TOPICS COVERED IN BASIC FOOD SAFETY

- How foodborne illnesses occur
- Effects of foodborne illness
- How emergency food programs can keep food safe

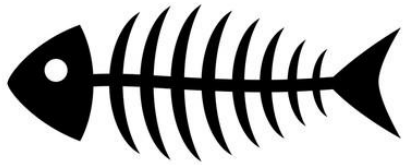
It is important for food program workers to know basic food safety to ensure clients safely receive the food they need.

WHY IS FOOD SAFETY IMPORTANT?

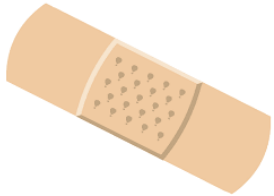
HOW DOES FOOD BECOME UNSAFE?

Unsafe food is usually the result of contamination, which is the presence of harmful substances in food.

- **3 categories of contaminants:**

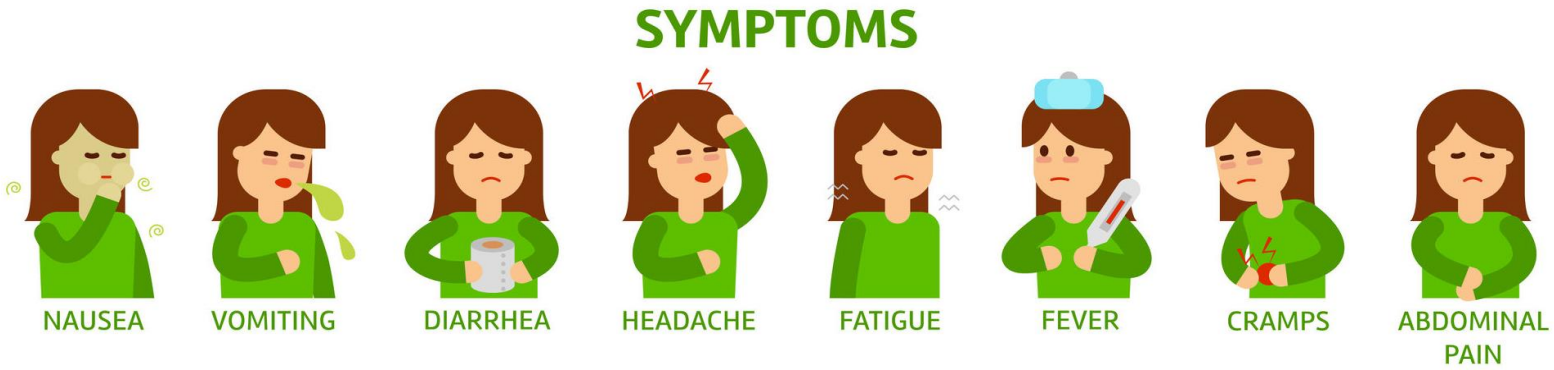


1. **Biological-** viruses, bacteria, fungi and parasites
2. **Chemical-** food service chemicals that are used incorrectly
3. **Physical-** band aids, glass, dirt, fish bones



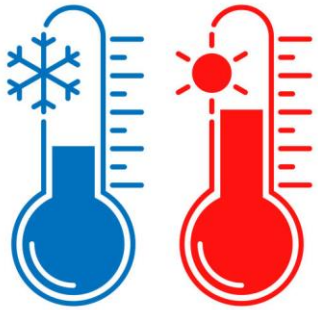
FOODBORNE ILLNESS

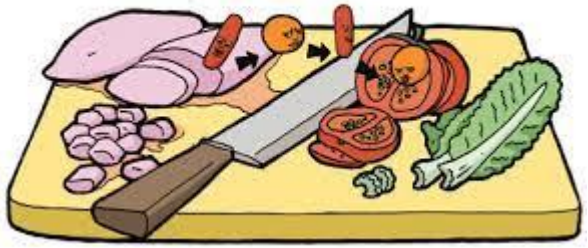
- Symptoms can begin in as little as 30 minutes and up 7 days after ingesting contaminated food.
- **1 in 6 Americans experience food poisoning every year.**
- Children, seniors, pregnant women and those with chronic illness are most at risk.



HOW CAN EMERGENCY FOOD PANTRIES KEEP FOOD SAFE?

- Practice good personal hygiene
- Control time and temperature of food
- Prevent cross contamination
- Proper cleaning and sanitizing.





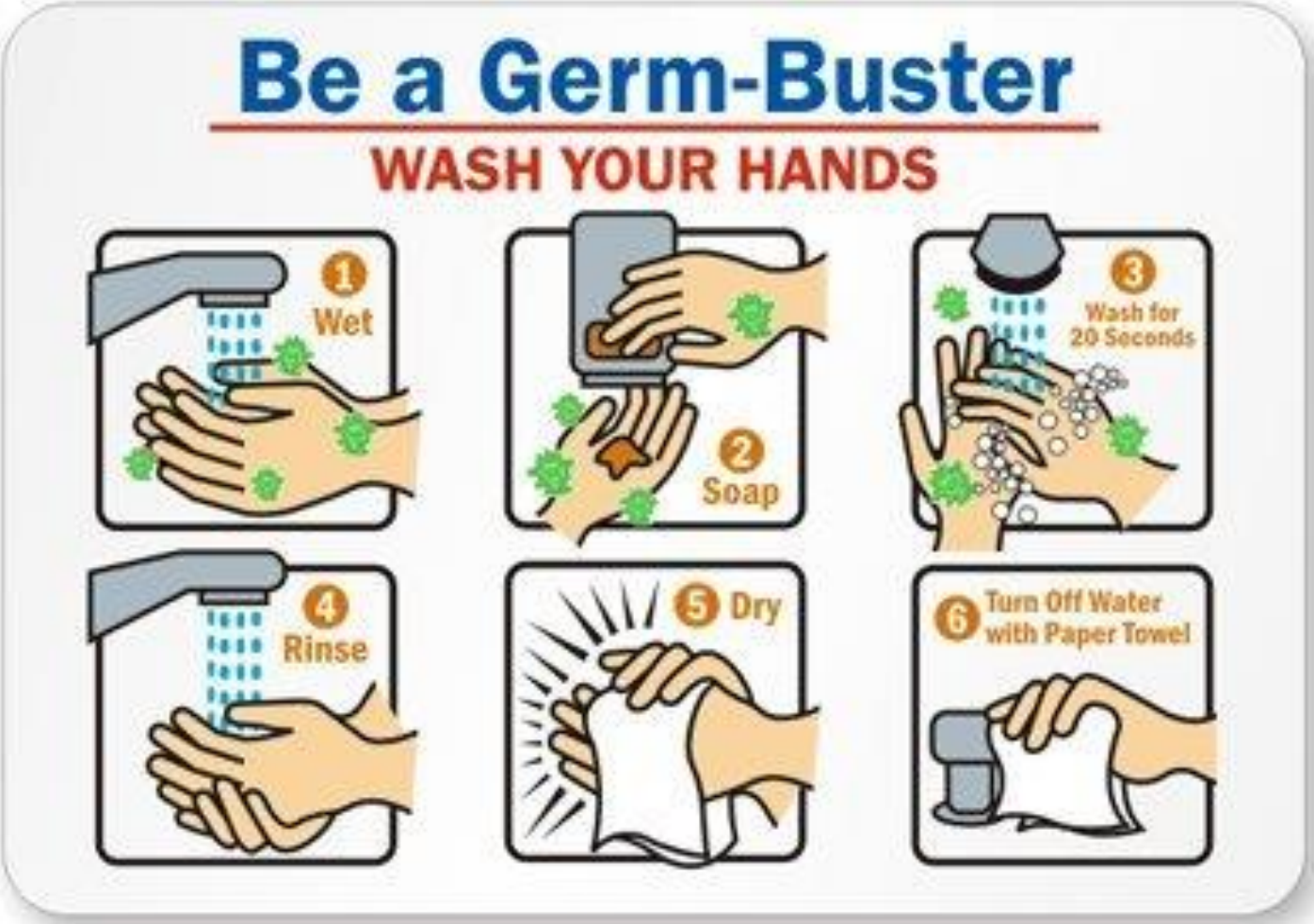
HANDWASHING

- Proper handwashing is critical to preventing the spread of pathogens.
- The whole process should take at least **20 seconds**.
- Should only be done in sinks designated for hand washing.

  -Handwashing sinks should not be used for washing dishes or prepping food.

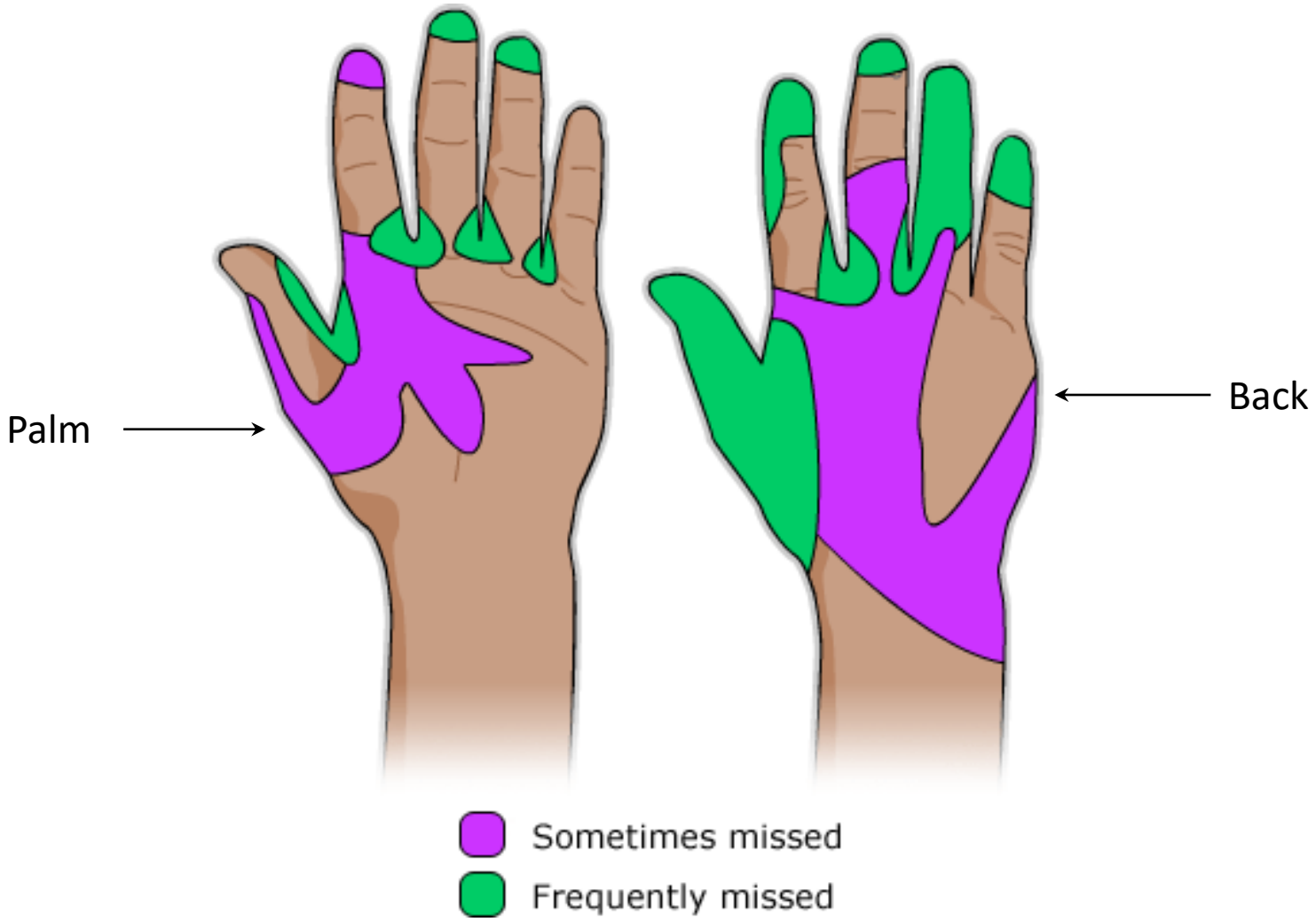
- **One study found that consumers are not washing their hands correctly 97% of the time.**

PROPER HANDWASHING



Hand sanitizer should NOT be used in place of handwashing

HANDWASHING TROUBLESPOTS



WHEN TO WASH HANDS

Wash hands before you start work and after any of the following:

- Using the restroom
- Coughing, sneezing, blowing your nose
- Eating, drinking, smoking or chewing gum or tobacco
- Taking out the garbage
- Touching your hair, face or body
- Before putting on gloves
- After touching dirty equipment, work surfaces or towels

Note: LIC provides free soap dispensers and soap to our HPNAP agencies

PERSONAL HYGIENE

Dirty hair, skin, and clothing may carry pathogens that can cause foodborne illness. All workers/volunteers should:

- Bathe or shower daily
- Wear clean clothes
- Wash hands frequently
- Keep personal belongings away from food

FOOD PREP AREAS: WHAT TO WEAR

- A hat or hair restraint.
- Clean clothing and closed toe shoes.
- An apron and gloves. (Remove when leaving food prep areas)
- Remove jewelry from hands and arms. (Plain band rings are OK)
- Wear and bandage over wounds on hands and arms.

SINGLE USE GLOVES

- Never rinse, wash, or reuse gloves.
- Always wash hands before putting gloves on.
- Do not touch hair, body, face, clothes with gloves.
- **Change gloves when:**

- They are torn.

- Before beginning a different task.

-After handling raw meat, fish, poultry or eggs and before handling ready to eat foods .

- After an interruption, like taking a phone call.

OTHER IMPORTANT PRACTICES

- **Never** eat, drink, smoke, chew gum or tobacco in food handling and storage areas.
  - Saliva can contaminate hands and/or equipment
  - This includes the guest intake areas and any food preparation or storage areas.

- If you are sick, you could spread germs and pathogens to food and people.
  - Do not work/volunteer if you are sick.

RECEIVING AND EVALUATING FOOD

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY

Long Island Cares INC®

The Harry Chapin Regional Food Bank

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SAFE FOOD TRANSPORT

- Have a clean vehicle, free of pests
- Keep chemicals from food
  - Oil, antifreeze, wiper fluid
- Lock vehicle
- **Don't store raw food over ready-to-eat food**
  - **Keep raw meat, seafood, poultry, and eggs away from foods that won't be cooked**
- Keep food cold with coolers or thermal blankets. Check temperature upon arrival
- Limit drive time

RECEIVING FOOD

Check food upon arrival for abnormal odors or pests

Use a thermometer to check the temperature of all refrigerated and frozen food. **Refrigerated** food should be no more than 40°F, **Frozen** food should be frozen solid.

Perishable food should **never** be left at room temperature for more than **2 hours** (no more than 1 hour when it is 90°F or above).

REJECT FOOD IF

- It is not at the right temperature
- Inner package is damaged
- It has signs of pests
- It does not have a label and/or ingredients listed.
- Is home canned or home repacked.

EVALUATING FOOD AND PACKAGES

KEEP OR DISCARD?

CHECK CANS FOR DEFECTS

- Canned food that is damaged or defective can cause foodborne illness. Cans should be discarded if:

  - missing label and/or list of ingredients
  - severe dent in the seam
  - holes and/or is leaking
  - crushed cans that are not stackable
  - rust that can not be wiped off
  - swollen or bulging ends

EVALUATING MEAT AND POULTRY

Color changes and freezer burn

- Color changes are normal for fresh or frozen meat
- Freezer burn areas are dried out and tasteless but not unsafe

Signs of spoilage

- Fading or darkening of meat in addition to;
  - Bad odor
  - Sticky
  - Slimy

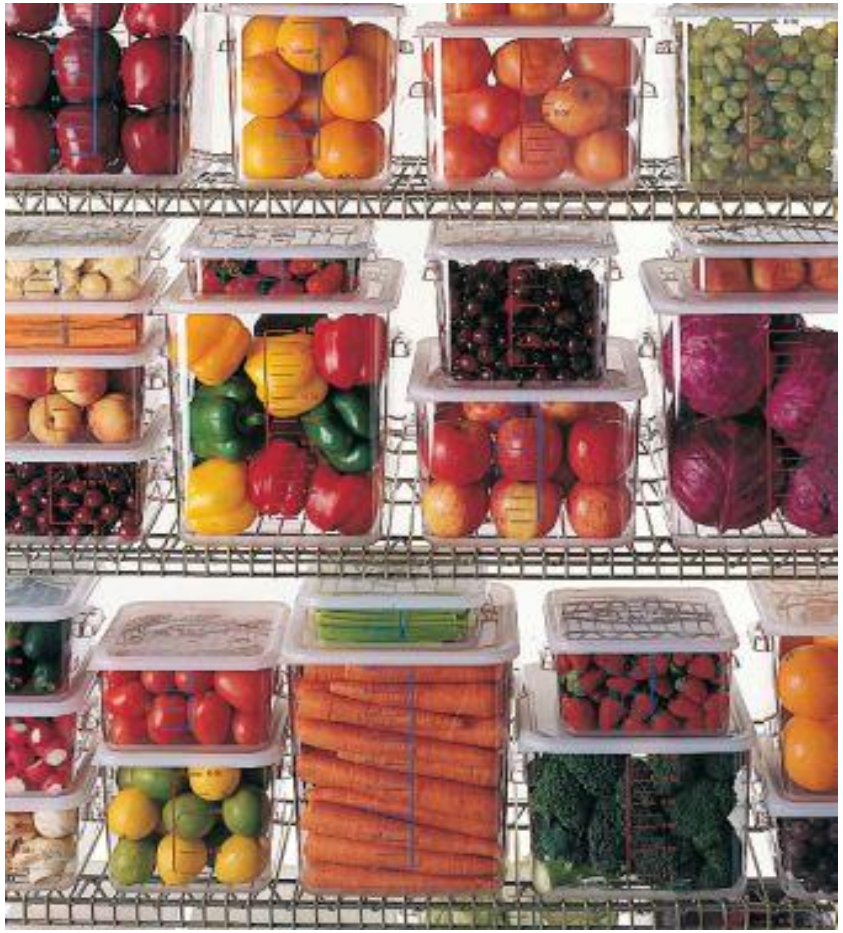
When in doubt, throw it out.

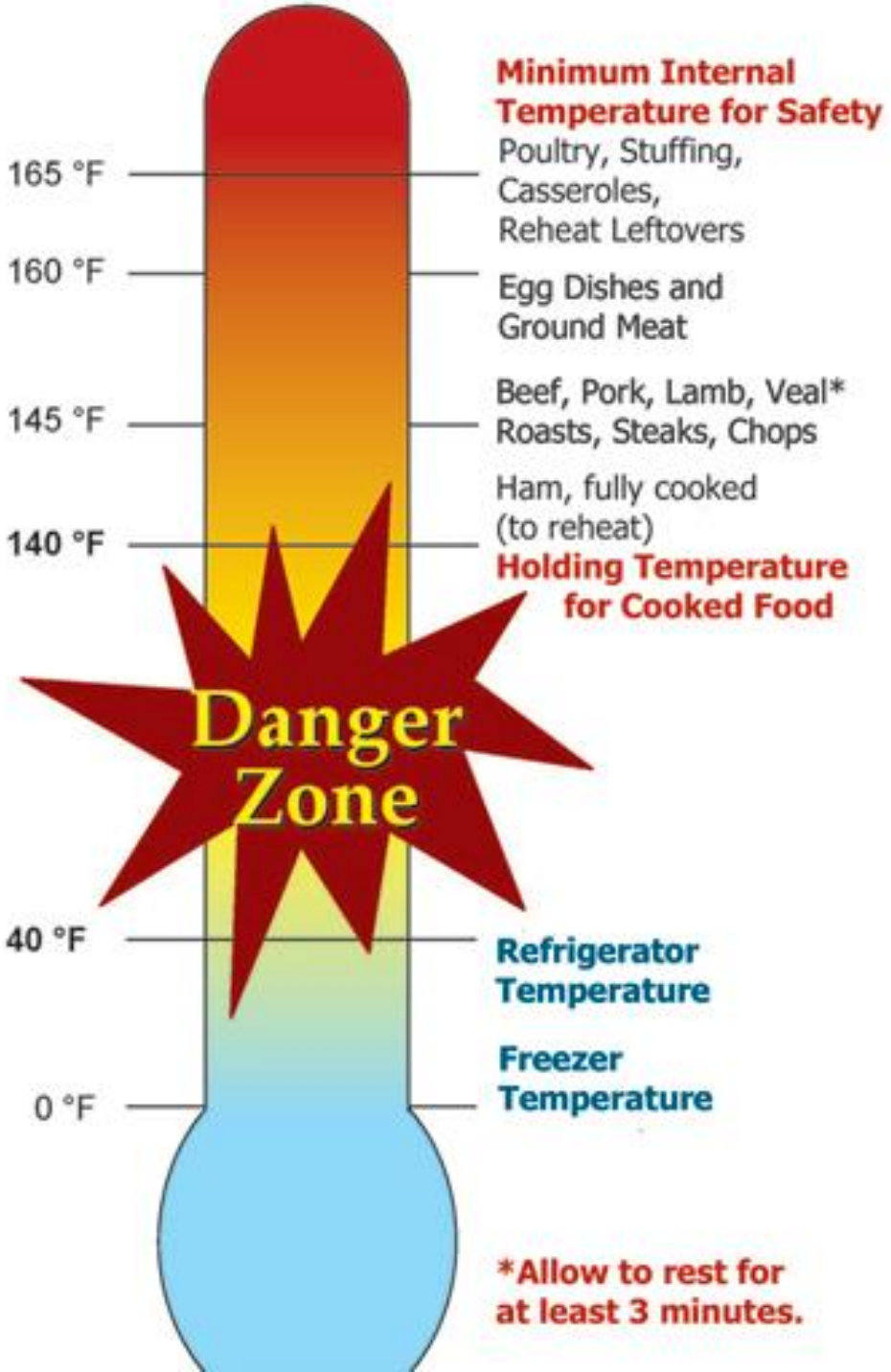
- All meat, poultry, and eggs must be processed/packaged in a USDA approved (beef, pork, chicken) or NYS Dept. of Ag. & Markets approved (venison) facility.

EVALUATING PRODUCE

- Discard produce if it has any of the following:
  - Mold
  - Decay or rot
  - Bad odors
  - Signs of insects
  - Skin not intact
  - Severe bruises (bruises provide a way for pathogens to get inside produce)

STORING AND REPACKING FOOD





TEMPERATURE DANGER ZONE

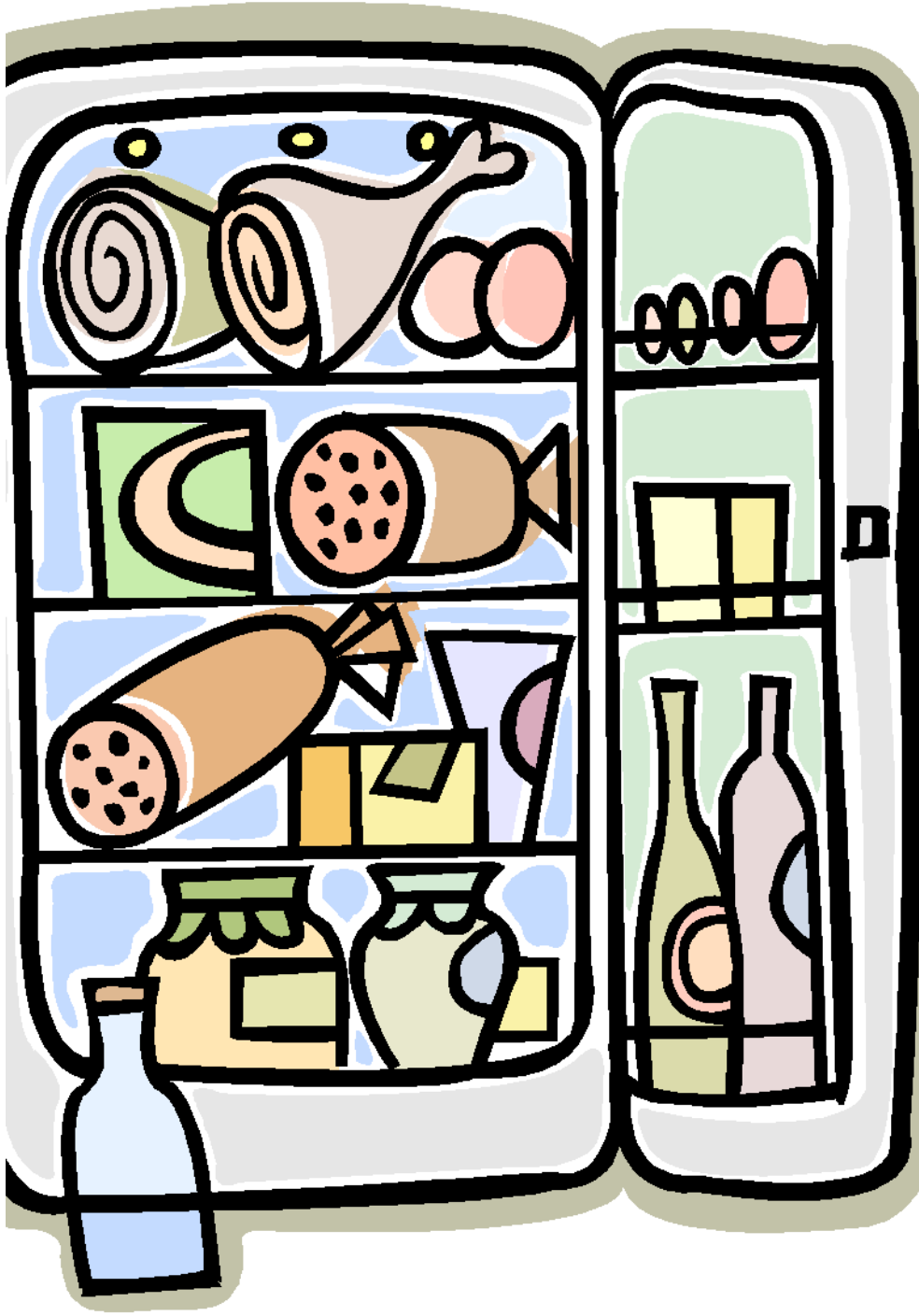
- Temperature danger zone: **40°F to 140°F.**
- **TCS food must be kept out of this range**
  - -TCS = Time & temperature control for safety
  - -These are foods more likely to become unsafe in the danger zone
- **Common TCS pantry foods include**:
  - -Milk and dairy products
  - -Eggs
  - -Meat
  - -Poultry
  - - Fish

REFRIGERATED FOOD STORAGE

- Set refrigerator to proper temperature, between 33°F and 40°F.
- Keep an extra thermometer inside coolers and freezers.
- **Record** the temperature of the refrigerator and freezer first thing **each day the pantry or food program is open**.
- You can find food temperature logs at www.licares.org. Go to Agency Support and click on Nutrition and Food Safety Resources.

REFRIGERATED FOOD STORAGE

- Use "First In, First Out" rotation
  - First items placed in inventory are the first distributed
- Air circulation is needed to maintain equipment.
- When equipment is stuffed too full, maintaining proper temperatures is difficult.



FREEZING

- Freezer temperature should be 0°F.
- You can freeze any food except food in cans or eggs in shell.
- Freezing prevents the growth of bacteria or microorganisms
  - Freezing food will not kill bacteria if it is already present

- **Freezer burn does not make food unsafe**

DRY FOOD STORAGE

- Food must be stored 6 inches off the floor on metal shelves.

  - Wood shelves are porous and absorb spills, which can lead to bacteria growth.

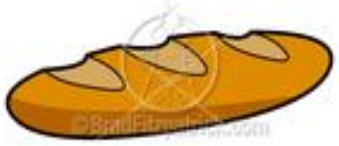
  - Maintain dry storage between 50°F and 70°F. (Keep log of temperatures)

- Use FIFO rotation.
- Keep no more than a 3-month supply of food on hand.
- Store food with food and non-food with non-food.

REPACKING FOOD

- Repacking = separating a large package of food into smaller packages to distribute
- **Food pantries are not licensed to repack food.**

  - Exceptions: unprocessed, raw produce (Apples, Onions, Potatoes) and donated Artesian bread.



HOW TO REPACK SAFELY

1. Clean and sanitize the work surface
2. Wash hands and wear disposable gloves
3. Use only food grade plastic bags
   - (unused grocery store bags are fine)
4. Label and date plastic bag
5. Explain to guests to wash produce prior to eating

SELL BY, BEST BY AND EXPIRATION DATES

TRUE OR FALSE?

- Food past the date on the label is NOT safe for consumption.

FALSE

- Dates are printed voluntarily on packages by manufacturers and are not regulated by the Federal Government.

TRUE

- Baby food & formula is the only food required to have an expiration date.

TRUE

PRODUCT DATE DEFINITIONS

"Sell- by"-The last day a product can be offered for sale. You should buy the product before this date to ensure best *quality*.

"Use-by"- The last date recommended for the use of product while at peak *quality*.

"Best if used by"- The date recommended for best flavor or *quality* of product.

SHELF LIFE AFTER PRODUCT DATE

2 years

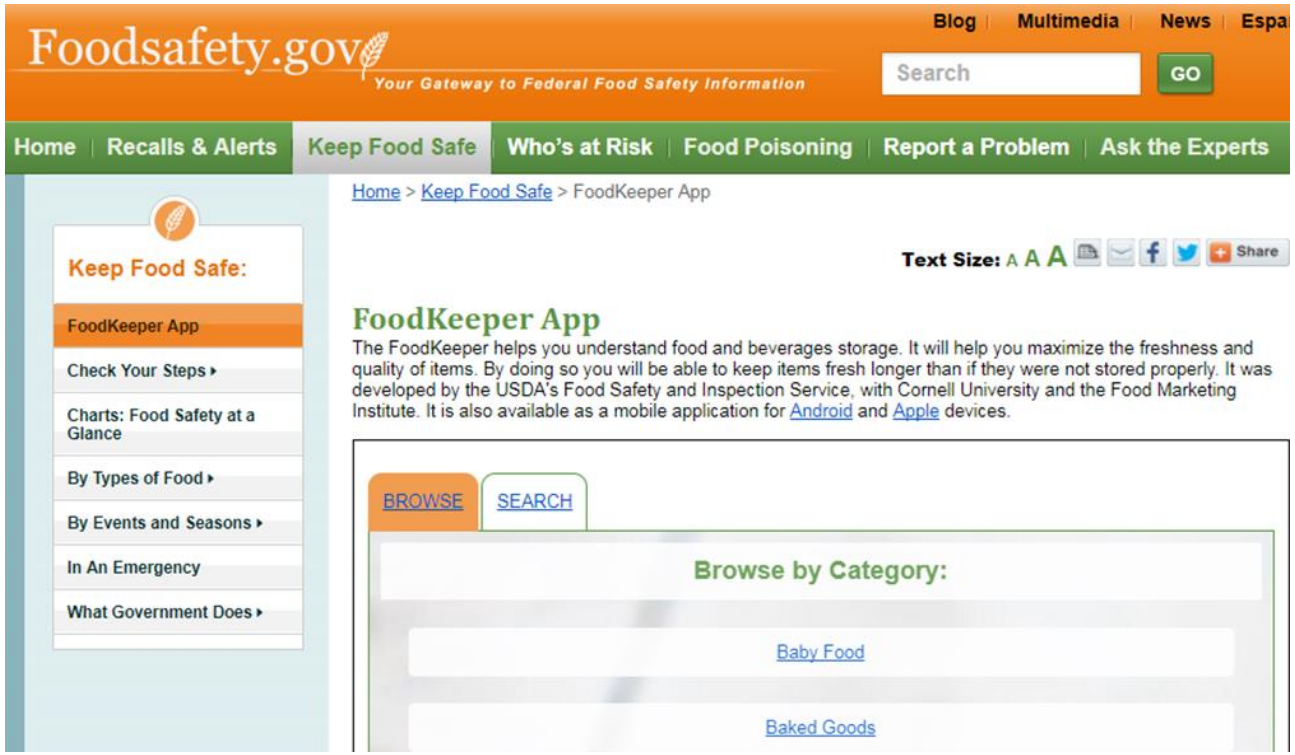
1 week

1 year

5 weeks

FOOD KEEPER APP

www.foodsafety.gov



FOOD RECALLS

- Issued by the manufacturers with help from the USDA and FDA.
- Long Island Cares Regional Food Bank reviews recalls issued by FDA, USDA, and Feeding America.
- If we know a recalled product was sent to our agencies, we will notify the agencies of the recall by e-mail and/or phone.
- Sign up for food recall emails by going to www.recalls.gov

FOOD ALLERGENS

The most common food allergies are:

NUTRITION FACTS AND FOOD ALLERGENS

- The nutrition facts label contains important information regarding food allergens.
- The label must be present on all foods so that the consumer can make an informed decision about the food they eat.

Sample Label for Macaroni and Cheese

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 — Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Quick Guide to % DV

5% or less is low
20% or more is high

PEST CONTROL

- Pests carry pathogens which can make people sick.

Signs you have pests:

- Chewed boxes or holes in food packages
- Droppings
- Live or dead insects in food storage areas
- Nests

PREVENTING PESTS

Don't let them in!

- Keep outside doors & windows screened or closed
- Seal cracks and gaps around doors, windows, and pipes

Don't feed them!

- Clean up food spills right away
- Store grains in plastic or steel containers

TRASH can attract pests

- Remove trash from food prep areas as quickly as possible
- Clean the inside and outside of trash containers (away from food prep areas)

PEST CONTROL

What to do if you discover signs of pests:

- Call the exterminator
- Throw out any food that has signs of pests
- Find out how the pests got in and make changes to prevent further signs

- Work with a licensed pest control operator
- No spray chemicals or open bait stations around food

MEAL PREPARATION

CLEAN

- Make sure workstations, cutting boards, and utensils are clean and sanitized.

  - Use hot water are soap to remove dirt and debris.

- All surfaces must be cleaned and rinsed: walls, shelves, garbage containers.

- **Food contact surfaces need to cleaned and sanitized**
  -After you're done using them
  -Before working with a different type of food
  -Any time you're interrupted during a task and the surfaces could have been contaminated
  -After 4 hours of continuous use
  Sanitize solution 1 tablespoon of liquid bleach and 1 gallon of water

Allow surfaces to air dry before use

CLEAN

- Utensils and tableware are often cleaned and sanitized in a dishwasher. (rinse cycle must reach 180°F)
- Large cookware such as pots and pans can be cleaned by hand in a 3-compartment sink.

★ Clean utensils and equipment should be stored 6 inches off the ground.

★ Store utensils with handle up.

CLEAN

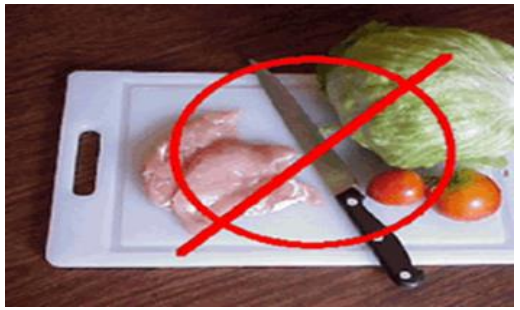
SEPARATE- DON'T CROSS CONTAMINATE

- Use different cutting boards for raw and ready to eat foods.

  - Use separate cutting boards for produce, meat, fish and poultry.

  - Bacteria from raw meat, poultry, fish and eggs can contaminate fresh produce.

- Use separate utensils for raw and cooked foods.
- Throw away marinades and sauces that were used on raw meat when done.
- When serving, each dish should have its own serving utensil to prevent allergen cross contact.



SERVING UTENSILS

- Use separate utensils for serving to avoid allergen cross-contact.

SEPARATE

REFRIGERATOR STORAGE: ORDER MATTERS!

- Raw food should be stored below food that won't be cooked (raw produce, ready to eat foods.)
- ➢ Example:- raw meat, seafood, poultry and eggs should be stored below salad greens.
- This helps to prevent cross contamination which can cause foodborne illness.

DEFROST SAFELY & COOK

- **Never defrost food on the counter**. Instead defrost:
  - Refrigerator
  - Cold running water (within 2 hours)
  - Microwave
  - Cook from frozen
- Cook to safe internal temperatures!
  - Color is not a reliable indicator that food is fully cooked.
  - Food must reach a high enough temperature to kill bacteria that cause foodborne illness.
  - Use a thermometer to ensure that food has reached safe internal temperature for consumption.

SAFE INTERNAL COOKING TEMPERATURES

Category	Food	Temperature (°F)	Rest Time
Ground Meat	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, Roasts, Chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh Pork	145	3 minutes
	Fresh Ham	145	3 minutes
	Precooked Ham (to reheat)	140	3 minutes
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg Dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145	None

Insert thermometer in the thickest part of the food.

COOK

HOLDING FOOD SAFELY

- **Hot food** should be held at **140°F** or higher after reaching safe internal temperature.
  - Any food held below 140°F must be reheated to an internal temperature of 165°F for 15 seconds before serving. This temperature must be reached within 2 hours.

- **Cold food** should be held at no more than **41°F.**
  - Any perishable food held above 41°F need to be rapidly cooled (ice bath) to 41°F before serving.
  - Any perishable food that reaches 70°F or higher must be thrown out.

CHILL

CHILL

- Cool foods correctly:

  - Cool from **140°F - 70°F in 2 hours or less.** And then from : **70ºF - 41ºF in 4 hours of less.**

- Cool foods quickly:

  - decrease portion size

  - use shallow pans

  - use an ice bath or ice paddle

- **NEVER put a hot pot into the refrigerator of freezer.**

CHILL

STORING READY TO EAT FOOD

- Always cover or wrap food before storing it.
- Food should only be stored in containers meant to store food.
- All ready to eat foods prepped in-house must have a label including:
  - Name of the food
  - Day it was prepared
- Leftovers must be cooked, cooled and held correctly.
- Throw out leftover food after **<u>7 days.</u>**

Thank you for reviewing the food safety training for meal programs. To receive your certificate, you must successfully complete the corresponding quiz using the link below.

https://www.cognitoforms.com/LongIslandCaresFoodBank/basicfoodsafetysanitationtrainingformealsitesquiz