

CLEAN HANDS FOR CLEAN FOODS

Since the food handlers participating in temporary concession events or school projects may not be professional food workers, it is important that they be thoroughly instructed in the proper method of washing their hands. The following may serve as a guide:

- Use soap and warm water.
- Rub your hands vigorously as you wash them.
- Wash all surfaces including the backs of hands, wrists, between fingers and under fingernails.
- Rinse your hands well.
- Dry hands with a paper towel.
- Turn off the water using paper towel instead of your bare hands.

Wash your hands in this fashion before you begin work and frequently during the event/project, especially after performing any of these activities:

- After touching bare human body parts other than clean hands and clean, exposed portions of the arms.
- After using the restroom.
- After caring for or handling animals.
- After coughing, sneezing, using a handkerchief or disposable tissue.
- After handling soiled surfaces, equipment or utensils.
- After drinking, using tobacco, or eating.
- During food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks.
- When switching between working with raw food and working with ready-to-eat food.
- Directly before touching ready-to-eat food or food-contact surfaces.
- After engaging in other activities that contaminate hands.

The Top Six Causes of Foodborne Illness

From past experience, the U.S. Centers for Disease Control and Prevention (CDC) list these six circumstances as the ones most likely to lead to illness. Check through the list to make sure your event/project has covered these common causes of foodborne illness.

- **INADEQUATE COOLING AND COLD HOLDING.**
- **PREPARING FOOD TOO FAR IN ADVANCE FOR SERVICE.**
- **POOR PERSONAL HYGIENE, NOT PRACTICING PROPER HANDWASHING WHILE HANDLING OPEN FOODS, AND INFECTED PERSONNEL HANDLING FOODS.**
- **INADEQUATE REHEATING.**
- **INADEQUATE HOT HOLDING.**
- **CONTAMINATED RAW FOODS AND INGREDIENTS.**

FOOD SAFETY HINTS FOR NON-PROFIT ORGANIZATIONS AND SCHOOLS ENGAGED IN FOOD ACTIVITIES AND EVENTS



DISTRIBUTED BY:

Fort Wayne-Allen County Department of Health
FOOD PROTECTION DIVISION
1 E. Main Street, 5th Floor
Fort Wayne, IN 46802
(260) 449-7561



www.fw-ac-deptofhealth.com

12 Steps to Safe and Sanitary Food Service Events

This pamphlet is intended to assist not-for-profit organizations and schools in keeping food safe during food service events/projects that are not covered under any type of food license or permit. Following these simple guidelines will help minimize the risk of foodborne illness.

Menu. Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits, and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. *Complete control over your food, from source to service, is the key to safe, sanitary food service.*

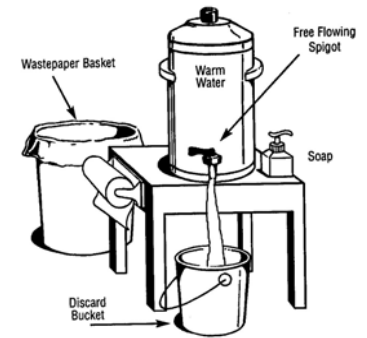
Cooking. Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41°F or below (if cold) or 135°F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155°F, poultry parts should be cooked to 165°F. *Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.*

Reheating. Rapidly reheat potentially hazardous foods to 165°F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or with other hot holding devices. *Slow-cooking mechanisms may activate bacteria and may never reach killing temperatures. Make sure to monitor proper temperatures.*

Cooling and Cold Storage. Foods that require refrigeration must be cooled to 41°F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stir the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is cooled. Check the temperature periodically to see if the food is cooling properly. *Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.*

Dishwashing. Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Ideally, dishes and utensils that will be re-used (or are used in your food preparation processes) should be washed in a 4-step process: (1) washing in hot, soapy water; (2) rinsing in clean water; (3) chemical or heat sanitizing; (4) and air drying.

Handwashing. *Frequent and thorough handwashing remains the first line of defense in preventing foodborne disease.* The use of disposable gloves (or hand sanitizers) can provide an additional barrier to contamination, but they are no substitute for handwashing! Handwashing should be made available in the actual area during any event/project where open foods are being handled. *(See picture to the right for a potential handwashing set-up.)*



Health & Hygiene. Only healthy workers/students should handle, prepare, and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed to participate in any event involving open food handling. Workers/Students should wear clean outer garments and should not smoke or consume food in the event/project area. The use of hair restraints is recommended to prevent unwanted hair ending up in food products.

Food Handling. Avoid bare hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil or glove to handle or serve food. *Touching food with bare hands can transfer germs to food.*

Ice. Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. *Ice can become contaminated with bacteria and viruses and cause foodborne illness.*

Wiping Cloths. Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. *Well sanitized work surfaces prevent cross-contamination and discourage flies when operating outdoors.*

Insect Control and Waste. Keep foods covered to protect them from insects when operating outdoors. Store pesticides away from food. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

Food Storage and Cleanliness. Keep foods stored off the floor/ground at least 6 inches. After your event is finished, clean the project/concession area and discard unusable food.