



FOOD SAFETY COURSE

For Food Fundraisers on Fort Moore, GA



Department of Public Health
Environmental Health
Fort Moore MEDDAC



Course Design

- Takes place of face-to-face classes
- Provides certification required for post fundraisers/vendor events
- Who?
 - Anyone who prepares food for consumption
- 50 minutes of instruction
- Knowledge checks
- Post exam
 - Must pass with 80% or required to take again



Objectives

- You will learn:
 - How food becomes dangerous
 - Proper food handling and preparation
 - Proper storage and temperatures
 - Proper sanitation of materials
 - Proper food transport

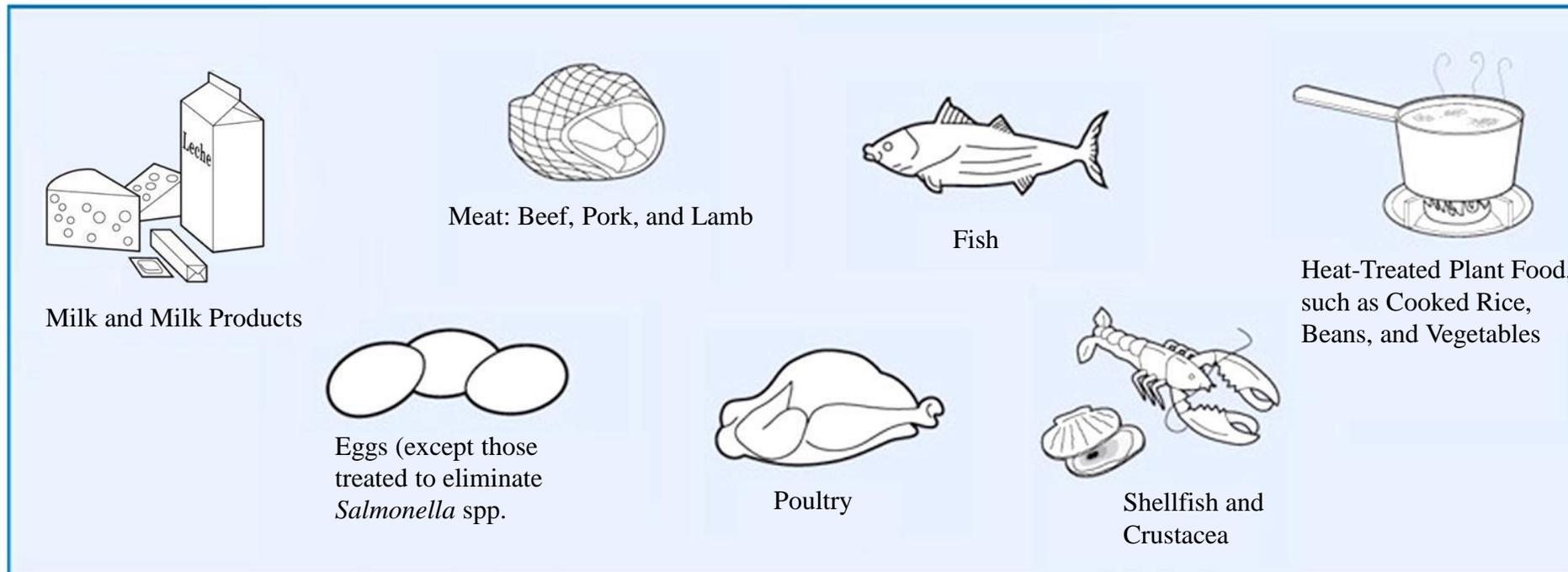
Who's At Risk?

- Everyone!
- Higher Risk People:
 - Infants and preschool-aged children
 - Pregnant women
 - Elderly people
 - People taking certain medications
 - People who are seriously ill



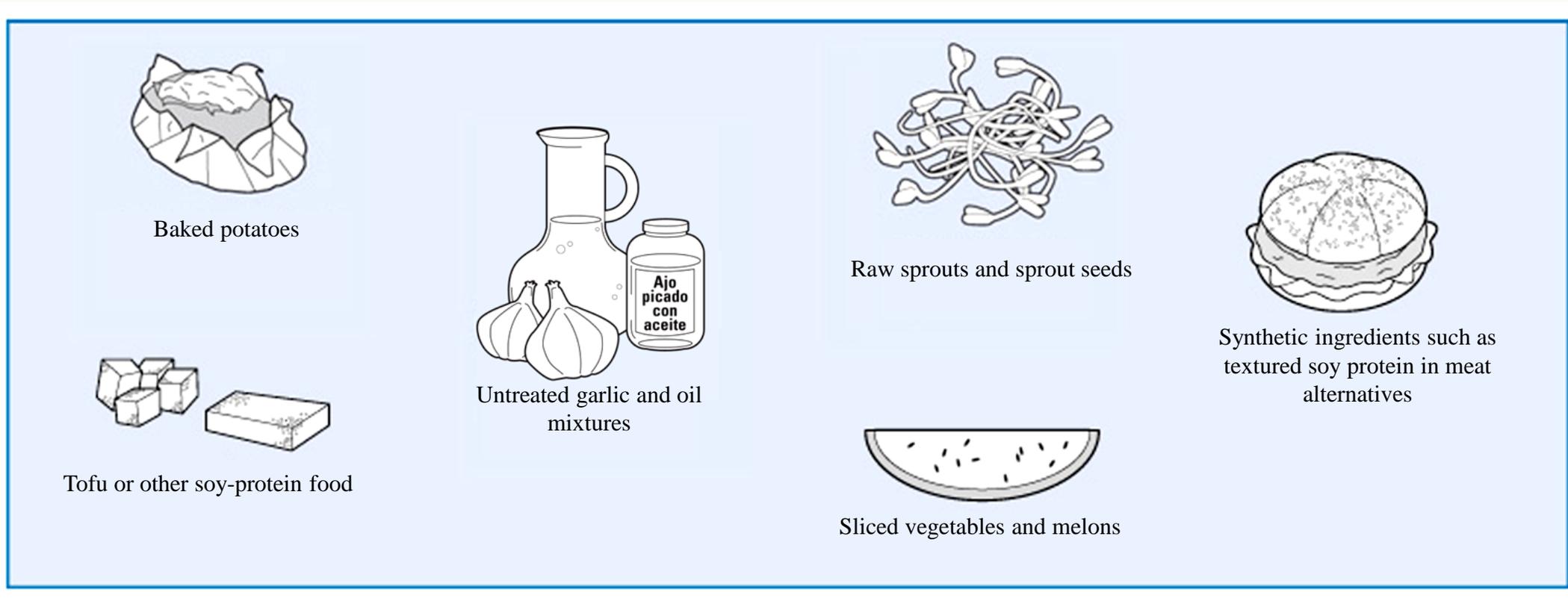
Potentially Hazardous Foods (PHFs)

- All foods can transmit disease
- Food favoring rapid organism growth



Potentially Hazardous Foods

- Food favoring the rapid growth of microorganisms:



Baked potatoes

Tofu or other soy-protein food

Untreated garlic and oil mixtures

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Raw sprouts and sprout seeds

Sliced vegetables and melons

Synthetic ingredients such as textured soy protein in meat alternatives



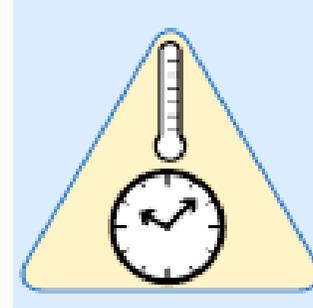
Knowledge Check

- Only potentially hazardous foods can transmit food-borne illness?
TRUE or FALSE

FALSE. Remember, ALL foods can transmit food-borne illness.

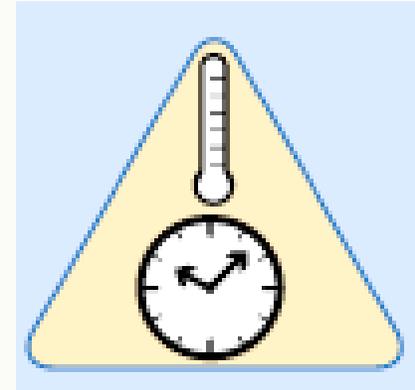
How Foods Become Unsafe

- Time-Temperature Abuse
- Cross Contamination
- Poor Personal Hygiene



Time-Temperature Abuse

- Food has been abused when:
 - It has been allowed to remain too long at temperatures favorable to the growth of food-borne microorganisms
 - Examples:
 - Food in your cart at the grocery store
 - Driving home
 - Cooking (until food reaches 135° F)



Temperature Danger Zone: 41-135°F

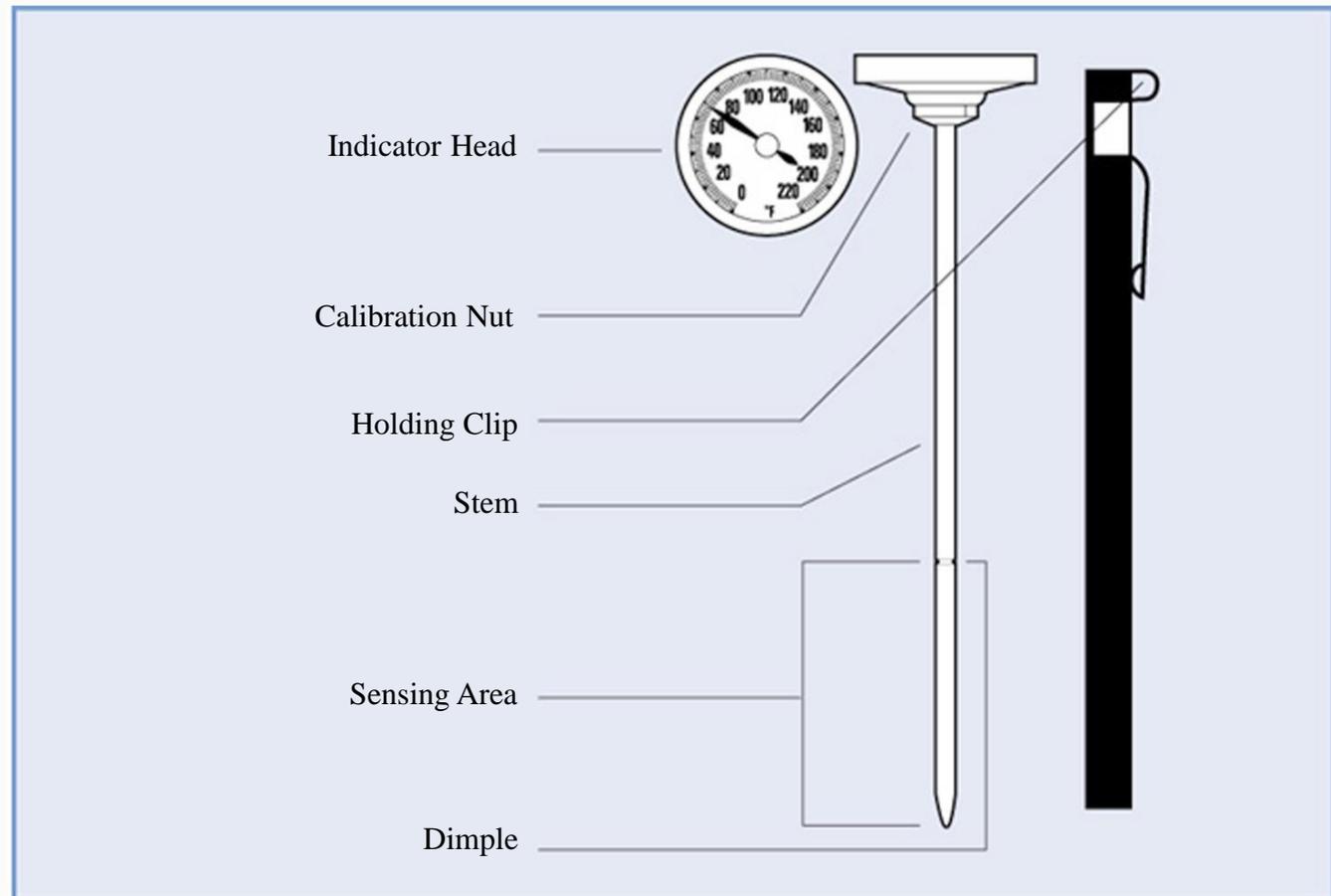


Preventing Time-Temperature Abuse

- Minimize the time food spends in the temperature danger zone (4 hours cumulatively)
- Determine the best way to monitor time and temperature
- Have accurate thermometers available and record when temperatures were taken

Temperature Measuring Devices

- Bimetallic stemmed thermometer





Knowledge Check

- What is the temperature danger zone?
 - 50-150°F
 - 41-135°C
 - 41-135°F
 - 30-130°F

41-135°F



Knowledge Check

- How long can food be held in the temperature danger zone before it should be eaten or thrown away?
 - 3 hours
 - 4 hours at a time
 - 4 hours cumulatively
 - 4.5 hours

4 hours cumulatively

Cross Contamination

- Cross contamination occurs when:
 - Microorganisms are transferred from one food surface to another
 - Examples:
 - Cutting meats on the same cutting board as vegetables
 - Covering your mouth when you sneeze, but not washing your hands when working with food



Preventing cross contamination

- Create *physical* barriers between food products:
 - Assign specific equipment to each type of food
 - Easiest way is to use colors; i.e. green for vegetables
 - Clean and sanitize work surfaces, equipment, and utensils after each task





Knowledge Check

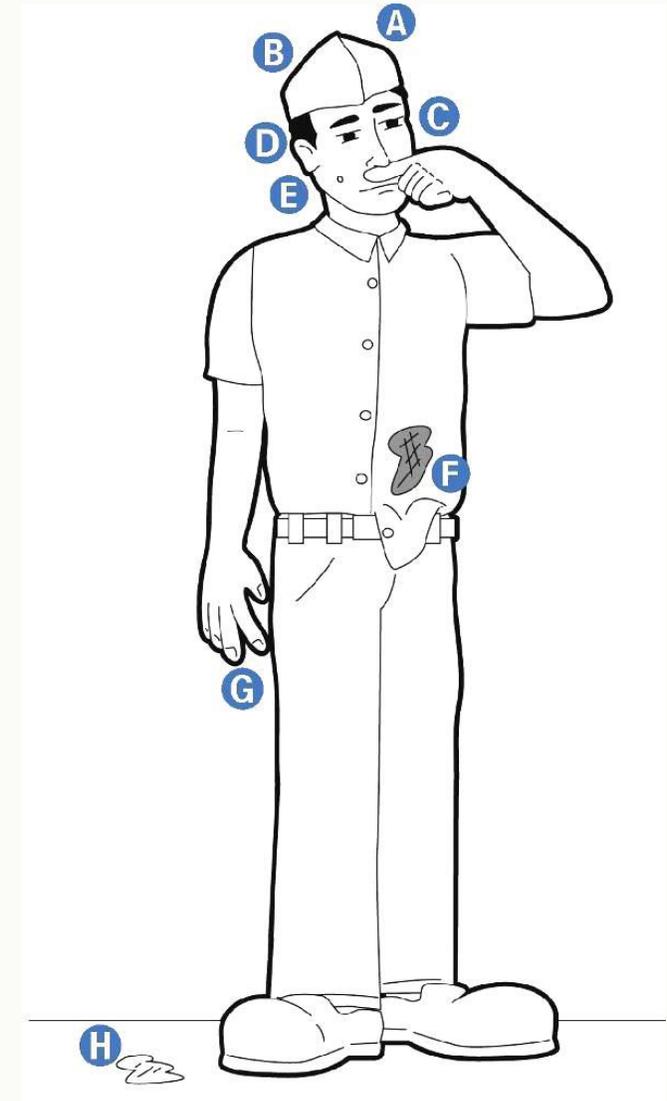
- You are preparing strawberry shortcake and chicken salad. You need to cut up strawberries and cooked chicken on the same day. As long as you cut the strawberries first, you can cut the chicken on the same cutting board without washing it in between. True or False?

- False

Poor Personal Hygiene

- Behaviors that contaminate food

- A. Scratching the scalp
- B. Running fingers through hair
- C. Wiping or touching the nose
- D. Rubbing an ear
- E. Touching a pimple or open sore
- F. Wearing a dirty uniform
- G. Coughing or sneezing into the hand
- H. Spitting in the establishment



Proper Handwashing Procedure

- The whole process should take 20 seconds



1. Wet hands with running water as hot as you can comfortably stand



2. Apply soap



3. Vigorously scrub hands and arms for 10-15 seconds



4. Rinse thoroughly under running water



5. Dry hands and arms with a single-use paper towel or warm-air hand dryer



When to wash your hands

- After using the restroom
- Handling raw food (before **and** after)
- After touching the hair, face, body, or clothing
- After handling money
 - We suggest having one person just dealing with money and not food handling
- After smoking, eating, drinking, chewing gum or tobacco
- After handling chemicals that might affect the safety of food

Hand maintenance

- Requirements for Food Handlers



Keep fingernails short and clean



Do not wear false nails or nail polish



Bandage cuts and cover bandages



Gloves

- Must never replace hand washing
- Are for single-use only
- Must fit and be used properly
- Change your gloves anytime when you would wash your hands
- Gloves do **NOT** make you unable to contaminate food



Food handler Rules

- Must have hair restrained
 - Can be a hair net, hat, or visor
 - Long hair must effectively restrained, like braid or bun
 - This may need 2 or more restraints to be effective
- Must remove all jewelry
 - Can wear a medical ID and/or plain wedding band ONLY
- Can not eat, drink, smoke, or chew near food operations
- Hand sanitizers
 - Can be used after hand washing
 - Must be FDA approved



Preparing Food

- Clean and sanitize food prep areas, utensils, and items before using
- Restrain hair, remove jewelry
- Wash hands thoroughly
- Plan your preparation
 - Get all individual ingredients ready, keeping cold foods like eggs, milk, etc. in the refrigerator until ready to use
- Make sure to preheat ovens or warmers thoroughly before cooking
- Watch the clock!

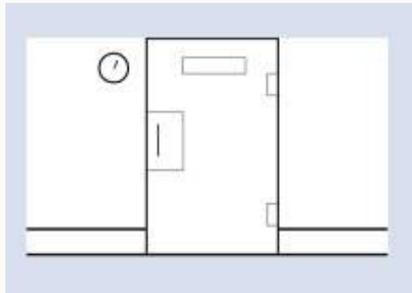
Cleaning vs Sanitizing

- Cleaning
 - Process of removing foods and other types of soil from a surface
- Sanitizing
 - Process of reducing the number of microorganisms on a clean surface to safe levels
 - Surfaces must first be cleaned before being sanitized



Thawing Food

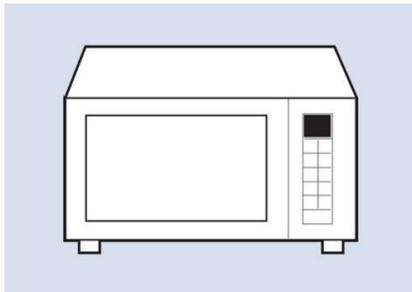
- The four acceptable methods of thawing food



**In a refrigerator, at
41°F (5°C) or lower**



**Submerged under running potable water,
at a temperature of 70°F or lower**



**In a microwave oven, if the food will be
cooked immediately after thawing**



As part of the cooking process



Preparing Salads containing PHFs

- Examples: tuna salad, macaroni salad, etc.
- When preparing salads containing potentially hazardous ingredients:
 - Prepare products in small amounts
 - Refrigerate ingredients until the point they are needed
 - Chill all ingredients and utensils prior to using them



Toxic Metal Poisoning

- Acidic foods can cause some metals to leak into the food when using certain cookware
- Lead
 - Usually found in pewter (older pitchers)
- Copper
 - Cookware
- Zinc
 - Galvanized items (item is coated with zinc)



Knowledge Check

- What is NOT a proper way to thaw foods?
 - In the refrigerator
 - In the microwave
 - On the counter
 - Under cold running water
 - As part of the cooking process

On the counter

Cooking Food

- When cooking potentially hazardous foods, the internal portion must:
 - Reach the required minimum internal temperature
 - Hold that temperature for a minimum of 15 seconds





Cooking Temperatures

165°F	155°F	145°F
Poultry (cannot be stuffed)	Egg/Egg Products	Fish
Stuffed Dishes	Hamburgers	Steaks/Chops
Microwave	Ground Meat	Anything not specified



Knowledge Check

- What internal temperature should chicken be cooked to for at least 15 seconds?
 - 165°F
 - 155°F
 - 145°F
 - 150°F

165°F



Packaging Baked Items

- Individually wrap pastry items (cakes, brownies, cookies, etc.) and mark the following:
 - Date
 - Time
 - Initials of preparer
- This is so questions can be directed to the person who cooked/baked the food
- Cream filled pastries are prohibited



Labeling Foods

- Label Food
- Potentially hazardous, ready-to-eat food prepared on-site must contain a label that includes:
 - The name of the food
 - When it was altered (opened, prepared, etc.)



Preparing/Storing Food

- Preparing food day(s) before:
 - Cooked food should be chilled within 2 hours
 - Large amounts of hot food should be separated into smaller containers before placing them in the freezer/refrigerator
 - Large amounts of hot food will cause refrigerator/freezer to heat up: turn down temp on unit while cooling



Reheating food for Fundraiser

- If you prepared food on a different day and need to reheat the day of:
 - Have a crockpot on low heat waiting for food
 - Foods need to be reheated as quickly as possible to correct temp
 - For liquid foods, place in a pot on stove, medium to high heat, and stir often to heat food quickly
 - For solid foods, reheat in preheated oven
 - TAKE TEMPERATURES! Refer to temperature chart
 - Place liquid food in a preheated crock pot for transport



Packaging/Storing food

- Same day
 - Hot foods
 - Have a plan to keep food hot or be within a short driving distance (less than 30 minutes)
 - Have a crockpot already heated up to contain hot foods, crockpot should help foods remain hot during transport
 - Plug crockpot in AS SOON AS you get to the fundraiser
 - Cold foods
 - Have coolers with plenty of ice to pack cold foods in
 - Have a dial thermometer in the cooler to monitor the temperature



Transporting Food

- Keep completely covered to prevent contamination
- Temperature control
 - Cold foods in cooler with ice (don't go to the store and buy ice with food in the car)
 - Hot foods in pre-heated containers
 - If you have more than a 30 minute drive, you should make other arrangements for preparing food at a location nearer to the fundraiser

Transporting Utensils

- Cover or wrap utensils to prevent contamination
- Can use a clean, sanitized container to store all utensils during and after transport





Serving at the Fundraiser

- At LEAST one person at the fundraiser at all times should have taken this course
- Food handlers should:
 - Restrain hair
 - Sanitize tables
 - Wash hands thoroughly and often
 - Wear gloves or do not handle food with hands



Hot holding food

- When holding potentially hazardous hot food:
 - Hold it at an internal temperature of 135°F or higher
 - Only use equipment that can keep it at the proper temperature
 - Never use hot-holding equipment to reheat food items
 - Stir it at regular intervals to distribute heat evenly
 - If you cannot control the temperature, do not serve it after four hours (including time for transport and preparation)



Holding cold food

- When holding cold food:
 - Hold it at an internal temperature of 41°F or lower
 - Make sure you can keep it at that temperature for the duration of your fundraiser (if food will be out longer than 4 hours)
 - Do not store unwrapped food directly on ice
 - If you cannot control the temperature, don't serve it after 4 hours





Knowledge Check

- How long can food be held in the temperature danger zone before it should be eaten or thrown away?
 - 3 hours
 - 4 hours at a time
 - 4 hours cumulatively
 - 4 ½ hours

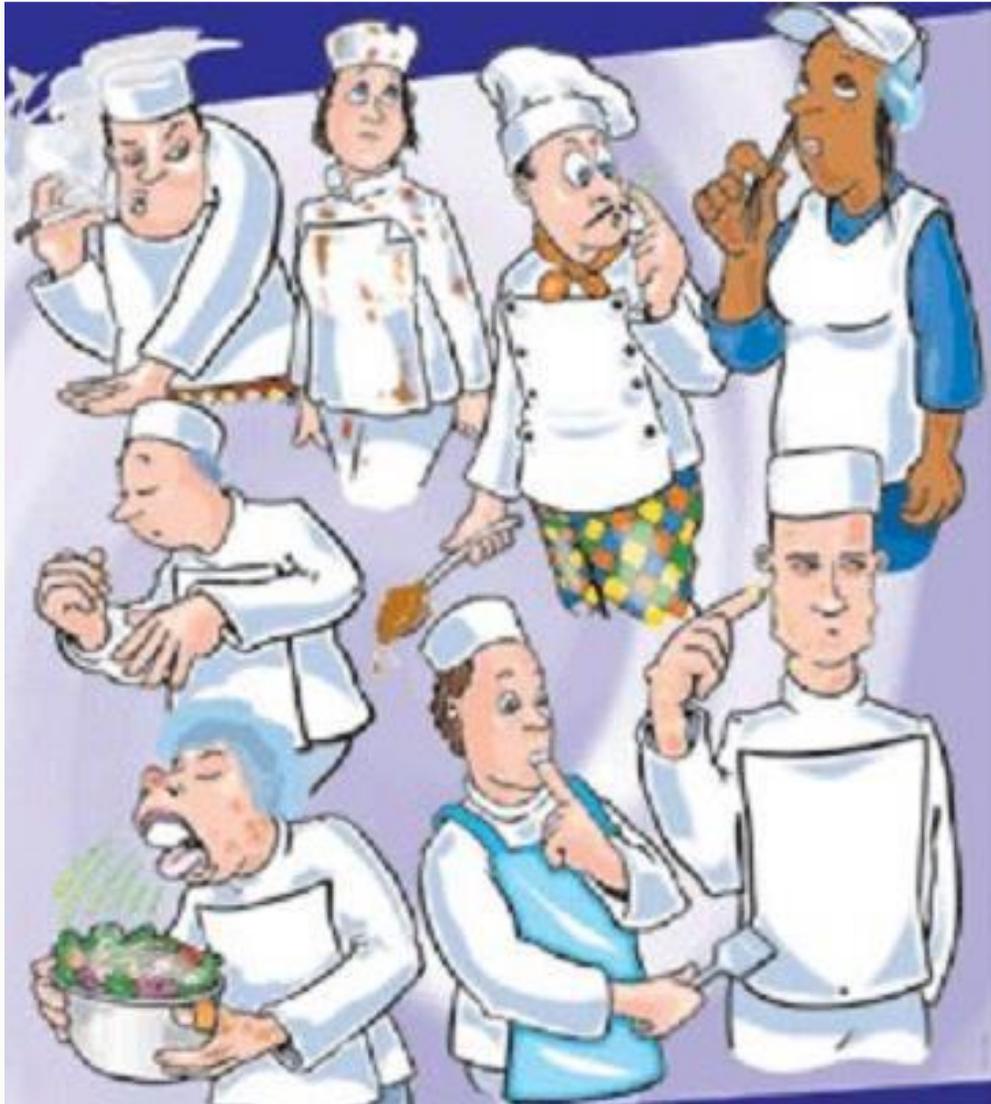
4 hours cumulatively

Food Allergens

- To protect guests with food allergies:
 - Be able to fully describe food ingredients
 - If you are unsure if an item is allergen free, urge the patron to buy something else
 - Know the common symptoms of an allergic reaction
 - Wheezing
 - Redness, itching



Knowledge Check



- What's wrong with this picture?



Inspection

- You can expect to see an Environmental Health Technician at your food fundraiser to ensure compliance of all food safety standards discussed in this course
- Please have your training certificates with you at the fundraiser
- If you have not done so already, please contact Environmental Health to register your food fundraiser (706) 545-6307/1445/1446



Where to get more information

- AR 40-5, Preventive Medicine
- Tri-service Food code
- Environmental Health – Department of Public Health
- (706) 545-6307/1445/1446