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Meal Safety





Agenda

- Why food safety is important
- Cross-contamination
- Personal hygiene
- Storing and receiving food safely
- Evaluating, transporting, and repacking food safely
- Sanitation and cleaning practices

Why Food Safety is Important



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How Food May Become Unsafe

Environmental Hazards

- Biological Hazards include bacteria, viruses, and parasites.
 - EX: If raw meat is prepared and then hands are not washed, biological hazards can become present on any other products that are handled.
- Physical Hazards include jewelry, plastic, bandages, or bones in items such as fish.
 - EX: A food handler is wearing a bandage that falls into the food product.
- Chemical Hazards are when food becomes contaminated by a chemical product.
 - EX: If food is being stored under or near cleaning products and the chemical is spilled onto the floor.

How Food May Become Unsafe

How People Can Make Food Unsafe

- By not using adequate and proper hygiene
- By cross-contaminating food products
- By not keeping food at proper temperatures
- By not cleaning and sanitizing food surfaces properly

How Food Can Be Kept Safe

How To Keep Food Safe

- Practice good hygiene
 - Avoid transferring pathogens from your body onto food
- Make sure food products remain at proper temperatures
 - DON'T let food stay too long at improper temperatures
- Prevent any possibility of cross-contamination
 - DON'T transfer pathogens from one surface to another or from one food to another
- Clean and sanitize food surface properly
 - All areas and items that food touches should be clean and sanitized

Cross- Contamination



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Cross-Contamination

Cross-contamination is the process of pathogens being transferred from one surface of food to another.

Cross-contamination can be avoided by following specific guidelines when storing, prepping, serving, and cleaning.



Cross-Contamination

Preventing cross-contamination when storing food

- Food should only be stored in designated storage areas
- Food should be covered or wrapped before being stored
- NEVER use old chemical containers to store food
- Raw and ready-to-eat food should be stored separately
 - If unable to store separately, follow this top to bottom order:
 - Ready-to-eat food
 - Seafood
 - Whole cuts of meat
 - Ground meats



Cross-Contamination

Preventing cross-contamination when prepping food

- Workstations, cutting boards, equipment, and utensils must be cleaned and sanitized
- Ready-to-eat food should NEVER come in contact with raw meat
- Ready-to-eat food and raw meat should always be prepped separately as well as surfaces and utensils should be cleaned and sanitized in between each product
- Keep unwashed and ready-to-eat produce away from raw meats and ensure proper cleaning of produce before serving
 - Running water should be warmer than food
 - Keep the produce items separate when washing
 - Ensure to keep sliced produce in refrigerated area



Cross-Contamination

Preventing cross-contamination in self-service areas

- Food should be properly labeled
- Separate utensils should be provided for each item
- Food should be stored under a sneeze guard to prevent contaminants
- Already used plates or utensils should NEVER be used in self-serving area

Preventing cross-contamination when serving food

- Never touch parts of dishes where food will come in contact
 - Hold the bottom or edge
- Do not stack glasses when carrying them
 - Place them in a rack or tray
- Hold utensils only by the handles
- Use utensils or gloves to handle ready-to-eat food
- Never scoop ice with bare hands or glass
 - Use an ice scoop



Cross-Contamination

Preventing cross-contamination in storage areas

- Store utensils and equipment used for food at least six inches off the floor
- Store glasses and cups upside down on clean and sanitized surfaces
- Store utensils with handles facing upwards

Preventing cross-contamination when storing chemicals and cleaning products

- Chemicals and cleaning products should ALWAYS be stored in a designated area away from food products or areas where food products may come in contact
- Chemical should remain in their original containers
- Dispose of chemicals properly according to their labels



Cross-Contamination

What to do when cross-contamination happens

- Attempt to fix the problem to the best of your ability
- Set aside any contaminated items so they do not get used
- Dispose of any products that have been contaminated



Cross-Contamination

Many people have food allergies. It is important that all items containing a common food allergy are handled properly. Cross-contact is when a food allergen comes in contact with another food and their proteins mix. This can be dangerous for individuals with food allergies and can be avoided.

Common food allergies:

- Milk
- Soy
- Tree nuts
- Shellfish
- Eggs
- Fish
- Peanuts
- Wheat



Cross-Contamination

Serving individuals with food allergies

- Inform the individual of how the food is prepared and what is included in the ingredients
- Suggest items that do not have those food allergens included
- Clearly identify the item that will be served and that the individual has a food allergen
- Prepare and serve the food separately to avoid any cross-contact



Cross-Contamination

Prepping food for individuals with food allergies

- Check ingredients on all recipe items to ensure no allergen is present
- Wash, rinse, sanitize all equipment that will be used specifically to prepare that meal
- Avoid contact with the allergen
- Thoroughly wash hands and apply gloves before starting

If cross-contact happens...

- Do not serve food
- Set aside with label of allergen present

Personal Hygiene



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Personal Hygiene

Handwashing is the most important aspect of personal hygiene. Hands can transfer the most contaminants so following proper handwashing guidelines can prevent contamination of food.

Hand washing sink

- Should have hot and cold running water
- Should have a soap dispenser
- Should have single-use paper towels
- Should have a garbage container near by
- Should NEVER be used for anything other than hand washing



Personal Hygiene

How to wash your hands

- Wet hands with running water that is as hot as one can handle
- Apply soap and scrub hands and arms together for 10 to 15 seconds
- Rinse hands and arms thoroughly
- Dry hands and arms with hand dryer or single-use towels
- After hand washing, use a single-use towel to turn off faucet and to open any doors



Personal Hygiene

When to wash your hands

- Using the restroom
- Handling raw meat (before and after)
- Touching your hair, face, or body
- Touching clothing
- Taking out the garbage
- Handling chemicals
- Chewing gum
- Before putting on gloves
- Sneezing, coughing, or using a tissue
- Eating or drinking
- After using any tobacco products
- Leaving and returning to handling food products
- Antiseptics are only to be used after hand washing, not meant to be used in replace of

A pair of brown nitrile gloves is shown on a wooden surface. The gloves are positioned with one hand flat and the other slightly curled. The text 'Personal Hygiene' is overlaid in white on the left side of the image.

Personal Hygiene

Other hand hygiene guidelines

- Use single use gloves when handling food
- Never rinse or reuse gloves
- Change gloves after handling raw meat, changing tasks, or if they become dirty or torn
- Keep fingernails short and clean
- Make sure wounds on hands, wrists, and arms are properly covered
- NEVER eat, drink, smoke, or chew gum and tobacco anywhere food is stored, prepared, or served.

Personal Hygiene

Best clothing items to wear when handling food

- Hair coverings
- Clean clothing
- Aprons
- Remove jewelry except:
 - Plain band rings



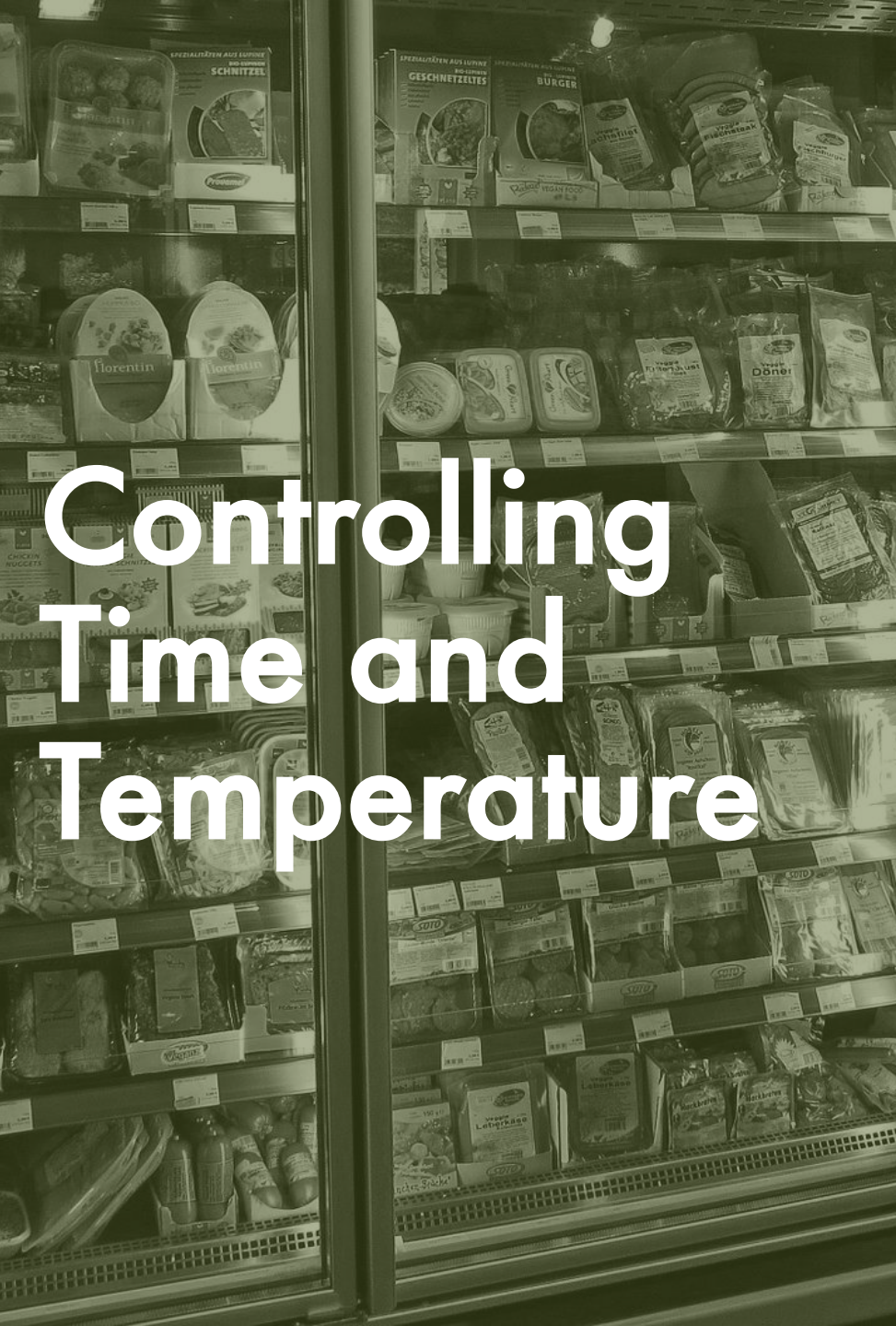
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Storing and Receiving Food Safely



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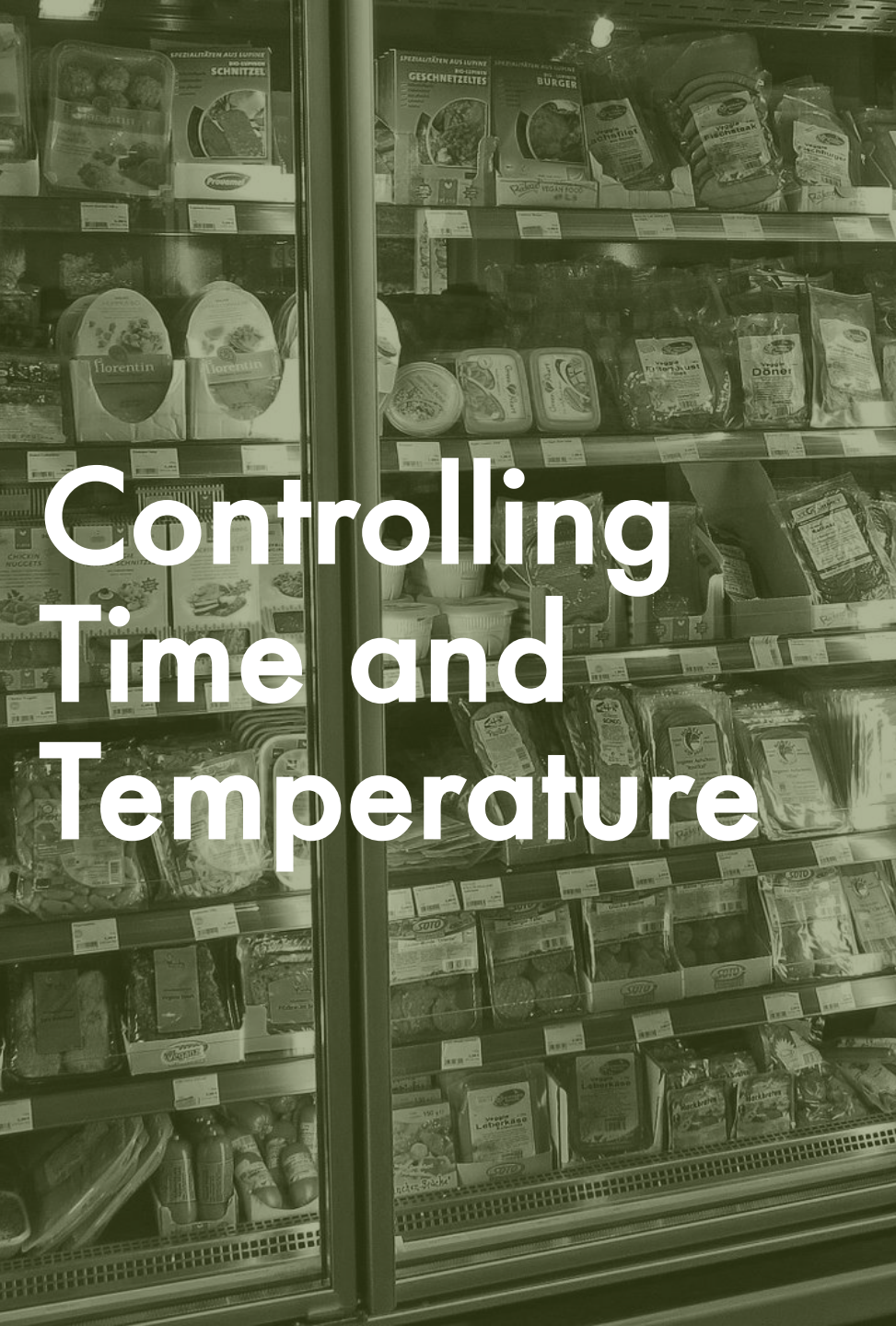


Controlling Time and Temperature

From the moment food leaves the Food Bank of Iowa distribution center to the minute it is handed to clients, temperature of food must be controlled.

In order to avoid foodborne illnesses, follow the below guidelines:

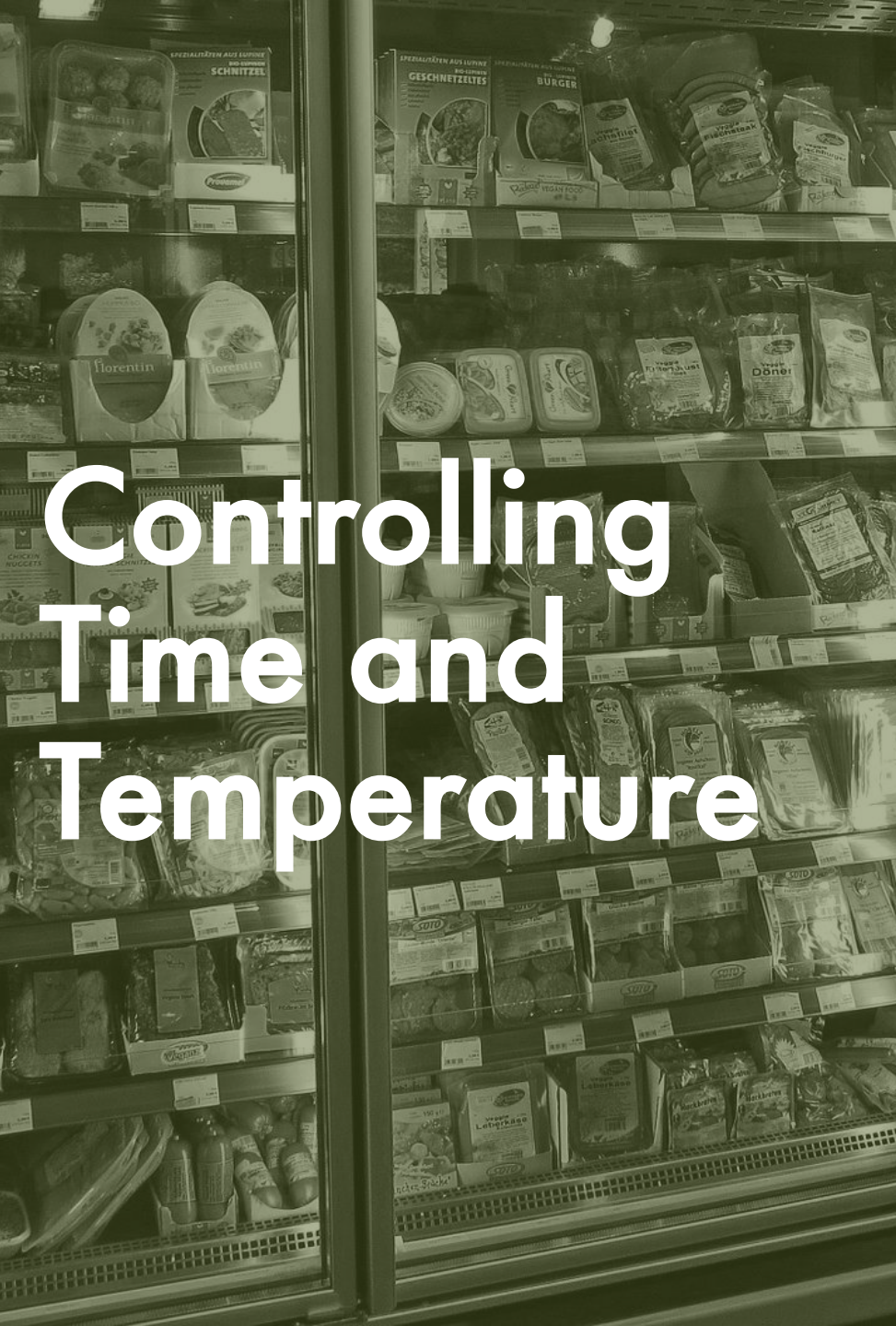
- Store and transport refrigerated foods and cut produce at 41 degrees or less
- Store and transport frozen foods at 0 degrees or less
- Each refrigerator and freezer should contain a verified thermometer, with temperature documented weekly. Make sure to keep your temperature logs for one year



Controlling Time and Temperature

Food that needs time and temp control is called TCS food. Here are some common foods that are most likely to become unsafe:

- Dairy
- Poultry
- Fish
- Head-treated plant food (rice, beans, vegetables)
- Cut fruits and vegetables



Controlling Time and Temperature

In order to keep TCS foods safe, these are the zones foods must remain in:

- Refrigerated foods: 0-40 degrees
- Heated food: above 135 degrees
- Frozen foods: below 0 degrees



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Inspecting Food During Receiving

It is crucial to inspect the delivery vehicle for the correct temperature and signs of contamination before accepting goods.

Here's what you should look for:

- Overall condition of vehicle
- Condition of the product
- Door locks and seals that are in place & functioning
- Signs of pests in the product or vehicle
- Presence of objectionable product (e.g., homemade product)
- Correct truck temperature



Safely Storing Food

If not stored correctly, food can easily become contaminated. Here are some important steps you must take to keep food safe when storing it.

- Store dry goods 4-6 inches off the floor and 4 inches away from exterior walls
- Ensure to keep room temperature between 50-70 degrees
- All food products should be stored away from any chemicals
- Food CANNOT be stored at a personal residence, or anywhere other than approved spaces
- Store food only in designated food-storage areas. These areas should be clean, free of pests, and cold storage should allow for adequate circulation



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Safely Storing Food

Continued...

- Store ready-to-eat food above raw meat, seafood and poultry; do not store these items on the same shelf or pallet
- Wrap or cover food before storing in containers made for food
- Store refrigerated food at 41 degrees or lower; this includes cut produce
- Keep frozen food solid and store it at 0 degrees or less
- Food that is not stored in original container must be labeled with the common name of the food item
- Ready to eat TCS food that is prepared on site may only be stored for seven days



Handling Recalled Food

Food Safety and Inspection Service will issue recalls for food. This may happen when food is contaminated, or allergens have not been identified on the label.

To sign up for email notifications when recalls or public health alerts are issued, [click here](#).



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Rotating Food in Storage

Making sure the oldest food in storage is used first is crucial for food waste and keeping food safe. Follow the first-expired, first-out (FEFO) method of rotation if the food has a use-by or expiration date.

1. Check the use-by or expiration date
2. Store food that will expire first in front of items that will expire later
3. Use the food stored in front first



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Thawing & Prepping

TCS food should never thaw at room temperature. Here are four ways to thaw TCS foods:

1. In a refrigerator at 41 degrees or lower
2. In a microwave if the food is immediately prepared following
3. Submerged under running water at 70 degrees or lower
4. As a part of the cooking process

Try to avoid leaving TCS in unsafe temperature for too long.



Thawing & Prepping

Things to consider when cooking TCS foods:

- Poultry should be cooked internally to 165 degrees
- Ground meat should be cooked to 155 degrees
- Seafood should be cooked to 145 degrees
- Steaks, roasts, and chops should be at 145 degrees
- **Food from plants such as rice, pasta, and beans should be at 135 degrees**



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Cooking for At Risk Population

There are three groups of people at a higher risk for food borne illness.

- Elderly
- Preschool aged children
- Individuals with compromised immune systems



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Evaluating, Transporting, and Repackaging Food Safely



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When NOT to Distribute a Product

Do NOT distribute a can if:

- There is a dent in the seam
- It is missing a label or the dates are torn off
- The can has a hole
- The cans are severely crushed
- The can is bulging at the ends
- The can has rust



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When NOT to Distribute a Product

Do NOT distribute jars or bottles if:

- Lid is swollen
- The label is missing or missing the date
- It contains a foreign object
- The lid is loose or missing a seal
- It is leaking
- The food is discolored



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When NOT to Distribute a Product

Do NOT distribute dry products if:

- The product is not labeled or labeled incorrectly
- Packaging is ripped, wet, or stained
- There are signs of pests: gnaw marks, droppings, insects



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A sepia-toned photograph showing a person's hands loading a cardboard box with various food cans. The person is wearing a light-colored shirt and a watch on their left wrist. The box is filled with cans of different sizes and brands, including some with visible labels like 'Tostitos' and 'Mission'. The text 'Loading and Distributing Food' is overlaid in large white letters on the left side of the image.

Loading and Distributing Food

What to remember when loading and distributing food and how to make sure items remain safe.

Vehicle being used to transport:

- Interior must be clean
- Must be free of pests
- Cannot have pets inside the vehicle when delivering
- Items that could possibly contaminate food must be kept separate from food

A sepia-toned photograph showing a person's hands placing several metal cans into a cardboard box. The cans are of various sizes and some have labels. The text 'Loading and Distributing Food' is overlaid in white on the left side of the image.

Loading and Distributing Food

Keep food at safe temperatures

- Ensure that refrigerated trucks stay at 41 degrees or lower
- Make sure to have coolers, ice packs, or thermal blankets if not using a refrigerated vehicle
- Make sure food products do not get left in a vehicle if the temperature could rise above food safe temperatures

A sepia-toned photograph showing a person's hands placing various canned goods into a cardboard box. The cans are of different sizes and brands, some with labels visible. The text 'Loading and Distributing Food' is overlaid in white on the left side of the image.

Loading and Distributing Food

Preparing food to transport

- Food may not be left outside
- Use clean and sturdy boxes
- Leave food products in clean and dry areas
- Keep meats separate and away from other foods
- Do not place food by garbage cans
- Refrigerated or frozen food cannot be left at room temperature
- Food must be in a pest free area
- Chemicals must be kept away from food

A sepia-toned photograph showing a person's hands loading a cardboard box with various canned goods. The person is wearing a light-colored shirt and a bracelet. The box is filled with cans of different sizes and brands, including some with labels like 'Pasta Sauce' and 'Tuna'. The text 'Loading and Distributing Food' is overlaid in large white letters on the left side of the image.

Loading and Distributing Food

Loading and Transporting Safely

- Raw food may not be stored above ready to eat food
- Freezer blankets are required for transport if not using refrigerated vehicle
- Do not store common food allergens above other food products
- Load cold items so that air can circulate around them



Repackaging

Repackaging

- USDA products are NOT allowed to be repackaged under any conditions
 - The only exception is fresh produce
- Non-USDA products should not be repackaged as a rule

If you have questions regarding food, reach out to your Regional Partnership Coordinator

Sanitization and Good Cleaning Practices



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A person wearing a white glove is cleaning a stainless steel sink with a cloth. The background is a kitchen sink area with a faucet and a warning sign on the wall.

Sanitation and Good Cleaning Practices

Preventing the spread of pathogens to food is the main goal of cleaning and sanitation procedures. These practices will also aid in avoiding the presence of pests.

All surfaces that come in contact with food must be cleaned and sanitized.

Examples include:

- Plastic food bins
- Ladles
- Scales
- Prep tables
- Sorting tables
- Scoops



Sanitation and Good Cleaning Practices

Walls, floors, and shelves need to be cleaned and rinsed.

Cleaning removes food and other scraps while sanitizing reduces pathogens to a food safe level.

Equipment that shows signs of wear and tear and/or visible signs of fraying or crackling becomes more difficult to sanitize and can potentially harbor pathogens.



Effective Use of Sanitizers

Refer to sanitizer directions to ensure:

- The correct water temperature is being utilized
- Right amount of sanitizer
- Items in contact with sanitizer for optimal time

General order of operations is rinse, clean, rinse, sanitize.

A close-up photograph of a water droplet hitting a surface, creating a splash with concentric ripples. The image is overlaid with a semi-transparent dark red filter.

Effective Use of Sanitizers

Cleaning and sanitizing is expected on food staging surfaces:

- Before and after use
- Switching between products
- After 4 hours of use
- Any time the item has become contaminated

Do **NOT** rinse items after sanitizing them!

A close-up photograph of a water droplet hitting a surface, creating a splash with concentric ripples. The image is overlaid with a semi-transparent dark red filter.

Effective Use of Sanitizers

How to use a three-compartment sink:

Sink 1

- Fill with water at least 100 °F
- Add detergent

Sink 2

- Fill with warm water

Sink 3

- Fill with water 75°-120°
- Add the correct amount of sanitizer
- Use test kit to check strength of sanitizer



Effective Use of Sanitizers

Steps on how to use a three-compartment sink:

1. Rinse items of scraps or soak if necessary
2. Wash items in first sink
 - a. Change the water and detergent when suds are gone, or the water is dirty
3. Rinse items in second sink
 - a. Remove any food scraps or detergent
 - b. Change water when it becomes dirt
4. Sanitize items in third sink
 - a. Soak in solution for correct amount of time
 - b. Do NOT rinse items after sanitizing them
5. Air dry items
 - a. Place upside down for drainage
 - b. Do NOT wipe dry



Effective Use of Sanitizers

When using the dishwasher, do NOT:

- Overload dish racks
- Use towel to dry items

Clean and maintain your dishwasher by:

- Clearing spray nozzles of food and other objects
- Removing mineral deposits as needed

Things to Remember



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A hand holding an iPhone with the word "Remember" overlaid in large white text. The phone screen shows the home screen with various app icons like Calendar, Photos, Camera, Videos, Weather, Passbook, Notes, Reminders, Clock, Stocks, News, App Store, Game Center, FaceTime, Music, Phone, Mail, Safari, and Messages. The status bar at the top shows Verizon, signal strength, and the time 1:10 AM.

Remember

- Take extra precaution when dealing with allergens
- Remove garbage cans from food storage areas before cleaning
- Cell phones are often a hotbed of germs; it is best practice to not use them while distributing food
- Be on the lookout for pests. Usual signs include nests, droppings, and damage to products.