



# **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**



# MISCELLANEOUS ITEMS

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