

SERVING FOOD SAFELY



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NMED Food Program

- Our top priority is to protect the health of the citizens of New Mexico by preventing the spread of foodborne illness

Foodborne illness

“... when a person becomes ill after ingesting a contaminated food...”

Foodborne illness can be caused by:

- Biological hazards
 - Microorganisms (bacteria  viruses)
 - Parasites
- Chemical hazards
 - Naturally occurring
 - Intentionally added
 - Unintentionally added (cleaning  agents, toxins)
- Physical hazards ( bone, glass, metal)

ILL FOODWORKERS



Restriction

Symptoms:

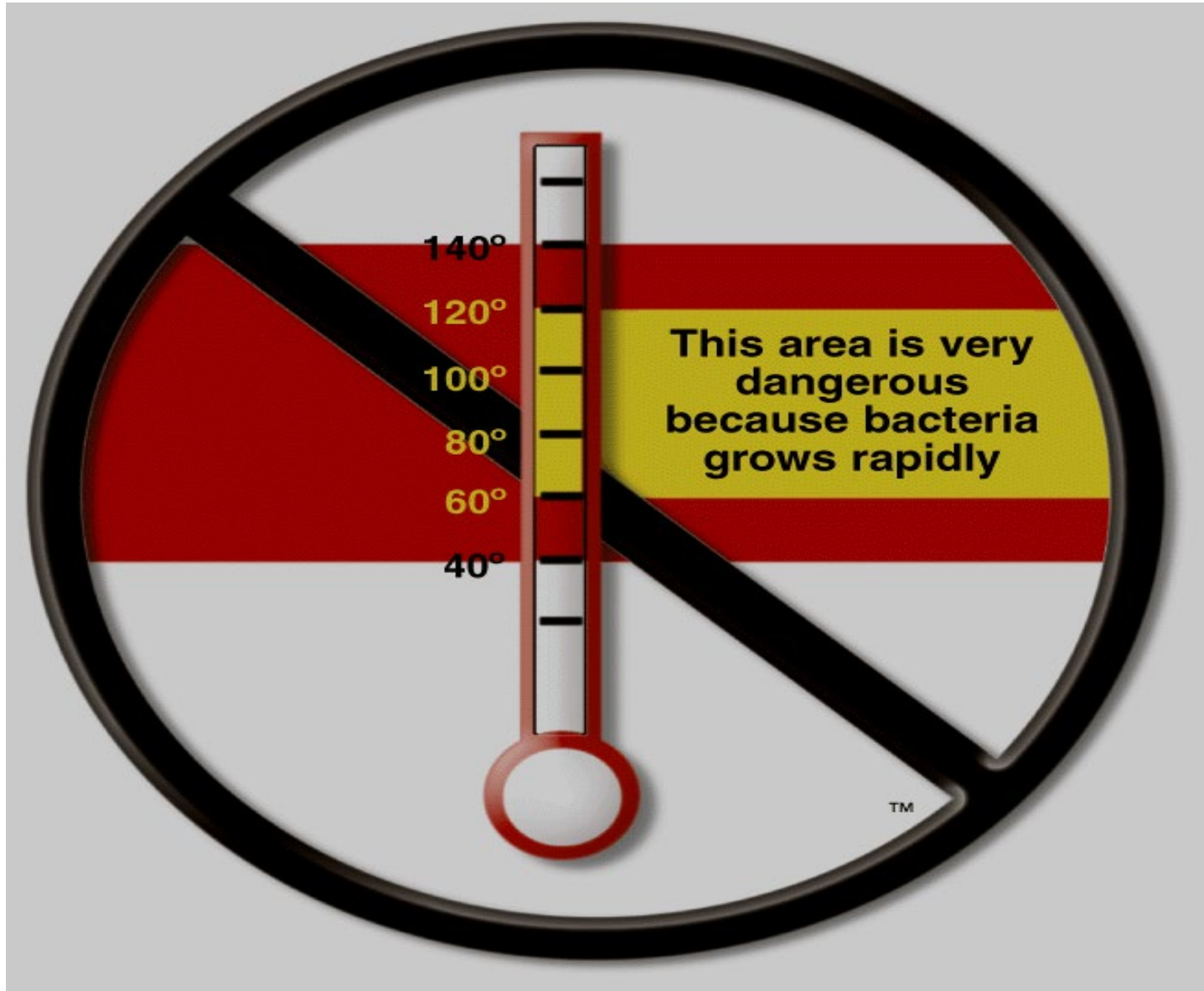
- Diarrhea
- Vomiting
- Fever
- Jaundice
- Sore Throat w/Fever
- Infected Wound (I.e. cut, lesion or boil)
- Contact w/”Confirmed Big 4”

Foodborne Illness Is Not a Menu Item!



Temperature Danger Zone

135 degrees F to 41 Degrees F



MONITORING POTENTIALLY HAZARDOUS FOODS' TEMPERATURES

Use & Care of Temperature Taking Devices

Cleaning:

- Use a clean and sanitized thermometer
- Single use alcohol wipe or other approved sanitizer may be used



Thermocouple



Infrared



Digital Thermometer

Taking Temperatures:

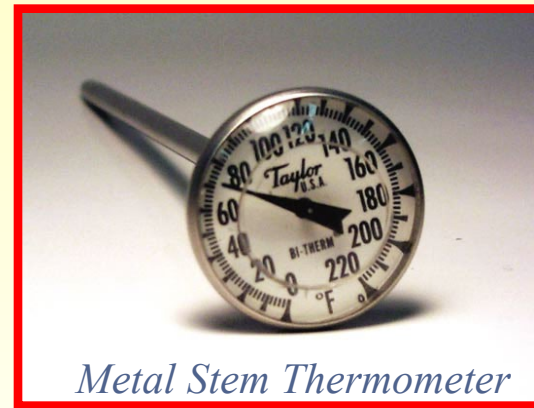
- Use a metal stem thermometer, digital thermometer, or thermocouple unit
- Place the probe in the center or thickest part of the food, between the fold of the flexible packaged food or between packages of food; do not puncture the packaging
- Allow time for the thermometer to register and record the temperature

MONITORING POTENTIALLY HAZARDOUS FOODS' TEMPERATURES

Use & Care of Temperature Taking Devices

Calibrating Metal Stem Thermometers:

- Calibrate thermometers frequently
- Insert sensing area into a cup of ice slush
- Allow indicator to stabilize
- Adjust calibration nut to 32°F while in ice
- Digital thermometer and thermocouple units can be checked for accuracy using this method



Metal Stem Thermometer



Ice Slush Calibration



4 WAYS TO THAW FOOD SAFELY



In a Cooler or Refrigerator at 41°F or Less



In Cold (70°F) Running Water for Two Hours or Less



During the Cooking Process, Continuous Cooking with No Interruption

By Microwaving as the First Step in a Continuous Cooking Process



NEVER THAW FOODS AT ROOM TEMPERATURE

The thawed portions on the outside will support bacterial growth and can result in an unsafe product!



Cooking

Most raw foods of animal origin (beef, lamb, eggs, fish, etc.).....	145 ⁰ F
Rare roast beef or rare steak.....	130 ⁰ F
Ground beef, pork, ratites, chopped fish & meats, injected meats..	160 ⁰ F
Poultry, stuffing, stuffed meats and poultry.....	165 ⁰ F
Microwave cooking (any of the above).....	165 ⁰ F

Holding

Hot holding (for service).....	140 ⁰ F
Cold holding (refrigeration).....	41 ⁰ F

COOL FOODS QUICKLY & SAFELY

Cooling Methods

Shallow metal pans - 2" - 4" deep

- Leave pan partially uncovered
- Refrigerate immediately
- DO NOT stack hot pans - allow for air flow

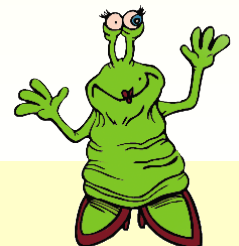


Ice Bath - must use ice and water



- Fill a clean sink or large pan with ice and fill spaces with cold water
- Divide product into 1 gallon containers
- Immerse product pan to depth of product in sink or larger pan until it is level with ice
- Agitate/stir every 10 minutes using an ice paddle or other equipment
- Drain water and replenish ice as it melts
- Use a clean thermometer to monitor the temperature of the food
- After the food has cooled to 41°F, refrigerate immediately

Improper Cooling is the Leading Cause of FBI!



COOL FOODS QUICKLY & SAFELY

Cooling Methods

Small Portions - reduce the mass/volume

- Divide food into smaller pans
- Separate food into smaller or thinner portions (2" depth for thick foods/ 4" for thick liquids)
- Cut or slice portions of meat no larger than 4 inches or 4 pounds

Add ice directly to the product as an ingredient

Hints:

Use rapid chill refrigeration equipment that encourages quick cooling

Never try to cool foods in plastic containers

Never allow foods to cool at room temperature



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COOL FOODS QUICKLY & SAFELY

2 Stage Cooling is Required

Cooked potentially hazardous foods need to move quickly through the temperature danger zone to limit microbial growth:

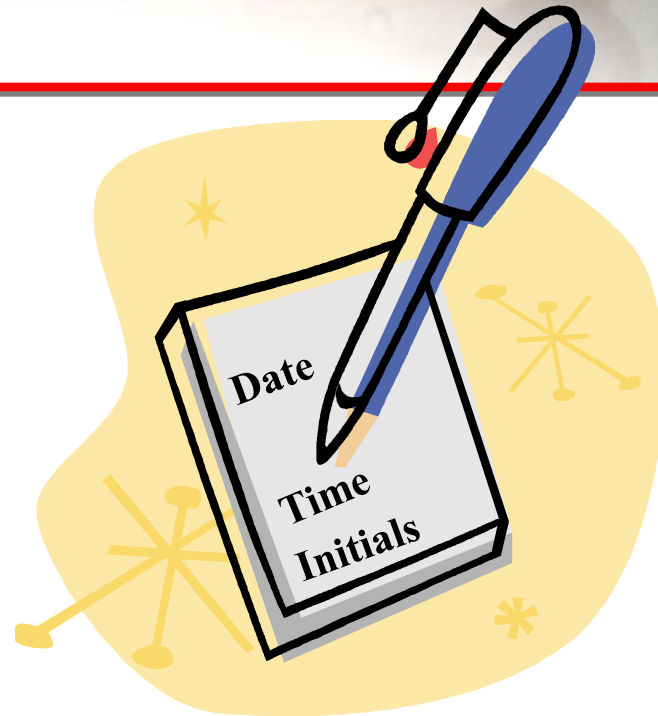
- Stage 1 : 140°F - 70°F in 2 hours
- Stage 2: 70°F - 41°F in next 4 hours

Improper Cooling is the Leading Cause of FBI!



MONITOR your Cooling Method

- Thermometer
- Data Logger
- Date Mark
- Logs



RE-HEAT FOODS QUICKLY & SAFELY

Key Elements:

- Reheat previously cooled foods to an internal temperature of 165°F or above
- Rapid reheating is required (2 hours or less)
- Stir foods frequently to distribute the heat
- Measure the internal temperature with a thermometer
- After reaching 165°F, the food must be held hot at 140°F or above



Reheating Methods:

- Direct heat (stove top) is best... may also use ovens and microwave if reheating achieves 165°F within 2 hours
- Reheating in steam tables and crock pots is unsafe and Not Allowed

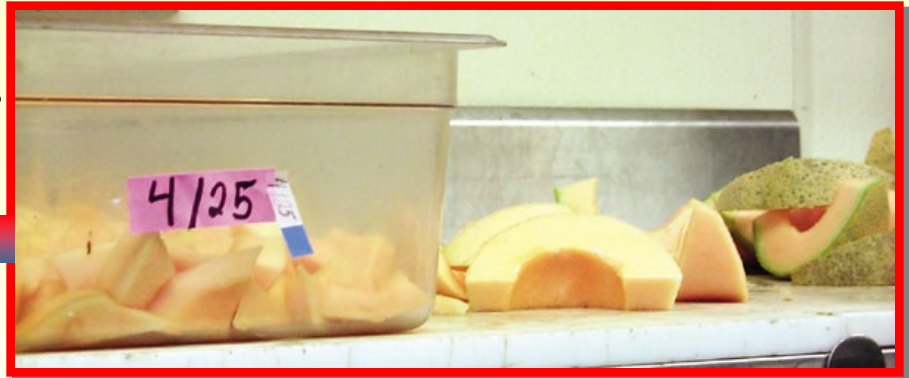
Do Not Mix New/Fresh Food with Leftover Items



DATE MARKING

Food Must Be Date Marked If It Is:

- Prepared on-site and refrigerated, or commercially processed after the original container is opened
- Potentially hazardous
- Ready-to-eat and held for more than 24 hours



Mark With the Date To Be Consumed By or Discarded:

- Allow seven (7) days if held at 41°F or less

When in Doubt, Throw it Out!





Cross - contamination

- *Cross-contamination is the transfer of a harmful substance from one food to another food by vehicles such as human hands, contaminated food contact surfaces of equipment, utensils, or directly from a raw food to a ready-to-eat food.*

What you cannot see can cause foodborne illness.



Staph

E. coli

Salmonella

Hepatitis

Listeria

Strep

**COMPLIANCE
CONTROL**

FOOD SAFETY IS IN YOUR HANDS



Handwashing is Important in Preventing FBI Food Workers & Management

- Wash Hands FREQUENTLY and EFFECTIVELY 20 second friction wash; adequate soap; warm water; use paper towel to dry
- Keep Hand Sinks Accessible AT ALL TIMES
- Wash Hands at APPROPRIATE TIMES

Wash Hands After:

Smoking, Eating or Drinking



Handling Raw Food

Cleaning or Handling Garbage



Using a Tissue



Going to the Restroom

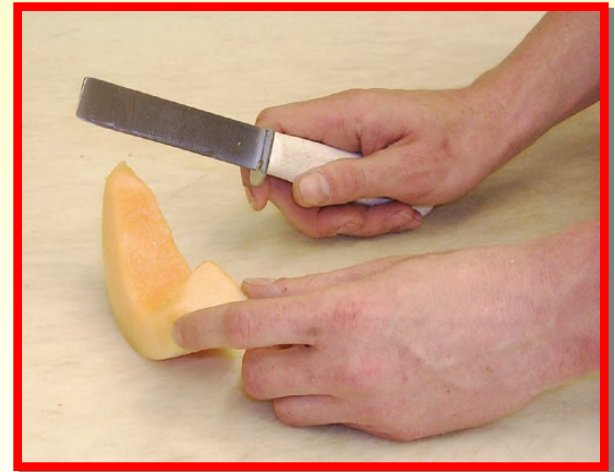


Improper or Lack of Handwashing Causes 30% of All FBI

NO BARE HAND CONTACT

Bare hand contact with ready-to-eat (RTE) food is prohibited. When handling RTE foods, food service workers may use utensils such as:

- Deli Tissue
- Spatulas
- Tongs
- Forks
- Dispensing Equipment
- Single-Use Gloves



A Ready-To-Eat (RTE) Food is Any Food that Can be Consumed Without Further Preparation

NO BARE HAND CONTACT

Single-Use Glove Guidelines

- Glove usage does not replace the need for good hand washing practices
- Wash hands before putting on gloves
- Put gloves on only when you are ready to handle ready-to-eat food
- Use gloves for only one task, such as ready-to-eat foods, then discard
- If an interruption occurs during food preparation, remove gloves'
- Use clean gloves when you resume food preparation
- Dispose of gloves immediately upon removal
- Single-use gloves should not be used around heat or hot fats
- Gloves are susceptible to contamination, so discard when soiled or damaged
- Fabric or re-usable gloves may not be used with RTE food
- Avoid single-use gloves made of natural rubber latex



A Ready-To-Eat (RTE) Food is Any Food that Can be Consumed Without Further Preparation

OBSERVE GOOD HYGIENIC PRACTICES



- Wash hands only in the hand sink-- not in the dishwashing, food preparation or mop sinks
- Ill employees can cause FBI. Enforce sick leave policy or reassign duties
- Eat, drink or use any form of tobacco only in designated non-food production areas
- Do not use a common cloth towel or apron for hand wiping

Good Hygienic Practices are the Responsibility of Both the Foodworker & the Management!



Protecting stored food

- Keep food storage areas clean and sanitary and use “F.I.F.O.”
- Properly store foods away from toxic items such as cleaning agents
- Store foods on shelves at least six inches above the floor
- Prevent insect and rodent infestation
- Prevent leakage from overhead pipes

Watch out for dented cans



CROSS-CONTAMINATION

Avoid the Risk

No bare hand contact with ready-to-eat food or ice

Use proper utensils or single-use gloves

Practice good handwashing and hygienic habits

Store raw meat, raw poultry, and raw shell eggs below cooked or ready-to-eat foods in the cooler

Clean and sanitize all utensils and surfaces that touch food:

- after each use
- when changing product
- between meat species
- frequently when preparing large amounts
- between raw meats and cooked or ready-to-eat foods

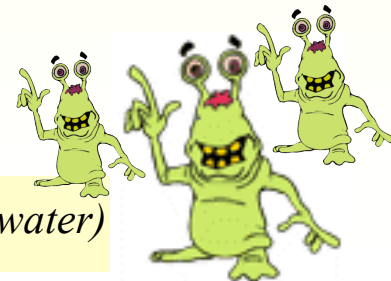
Use Separate Cutting Boards for Raw Meats & Cooked or Ready-to-Eat Foods



CLEANING & SANITIZING

Manual Warewashing Steps:

1. **Wash:**
 - Clean and sanitize sinks and drain boards
 - Pre-soak/pre-rinse all eating utensils and equipment
 - Use hot soapy water
2. **Rinse:**
 - Use clean hot water
3. **Sanitize:**
 - Use 50-200 ppm chlorine; mix with cool water or
 - 200 ppm quaternary ammonia; mix with 75°F water
 - Immersion in hot water at 171°F for at least 30 seconds
 - Air dry utensils and equipment
 - Use appropriate test strips to check concentration
4. **Air Dry**



Making 100PPM Chlorine Solution is as Easy as 1-2-3 (1 ounce bleach to 3 gallons water)

CLEANING & SANITIZING

Mechanical Dishmachines: *(Pre-rinse before loading any machine)*

HIGH TEMPERATURE:

1. Wash Temperature:

- Single tank, stationary rack, dual temperature machine... 150°F
- Single tank, conveyor machine... 160°F

2. Hot Water Sanitization:

- 180°F at manifold
- 160°F at plate level

LOW TEMPERATURE:

- 1. Chemical Sanitization Required**
- 2. Water Temperatures According to Manufacturer**
- 3. Chemicals Must Be Auto dispensed into Final Rinse Water; Check Daily**
- 4. Must Have a Visual or Audible Low Sanitizer Indicator**

Making 100PPM Chlorine Solution is as Easy as 1-2-3 (1 ounce bleach to 3 gallons water)



Wiping cloths

- **Rinse and store your wiping cloths in a bucket of sanitizer.**
 - **For example: 1/2 tablespoon of bleach for each gallon of cool water. This is equivalent to 100ppm chlorine**
- **Change the solution every 2 hours or as soon as it becomes dirty, whichever comes first.**
- **Food contact surfaces should be sanitized at least every 4 hours**

**Store chemicals and toxins
separately from foods.**



FOOD STORAGE CONCEPTS

Three Main Categories

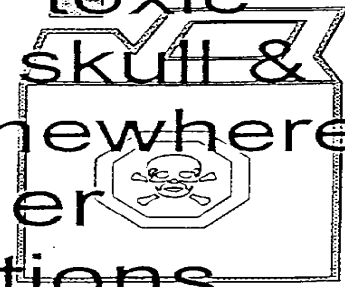
1.) **Food:** food and food contact surfaces, including single service, processing equipment, etc. Store above cleaners or separate.



2.) **Cleaners:** necessary to clean food contact surfaces must be used properly. Spillage or leakage is contamination. Store below food or separate.



3.) **Toxics:** bug spray, very toxic cleaners (Draino), stuff with skull & crossbones on it. Store somewhere else, by itself. Observe other hazardous material regulations.



A SAFE & CLEAN FACILITY

TOXIC MATERIALS

These Items Can Be Poisonous Or Toxic If Ingested

- Detergents
- Sanitizers
- Polishes & Cleaners
- Insecticides
- Rodenticides
- First Aid Supplies & Personal Medication

Storage, Labeling & Use

- Store separately from foods & food-contact surfaces
- Never store above foods or food surfaces
- Label all toxins
- Use only approved chemical in food areas



Incorrect

NEVER store chemicals ABOVE sinks. ALWAYS store BELOW.



Correct

A SAFE & CLEAN FACILITY

Insect & Rodent Control

(cockroaches, flies, mice, rats, etc.)

Insects and rodents carry diseases and can contaminate food and food-contact surfaces. Utilize measures to minimize their presence



- Protect outer openings by keeping outer doors closed, repair screens, maintain tight fitting doors & openings, use air curtains
- Eliminate harborage conditions
- Exterminate regularly

A SAFE & CLEAN FACILITY

Floors, Walls & Ceilings



- Good Repair
- Clean
- Light in color and easily cleanable