
Review of Food Safety Rules-Food Safety Program

HANDS AND ARMS – WHEN TO WASH

- After using the restroom
- After touching your face, hair, or body
- After touching an animal
- After coughing, sneezing, using a handkerchief or tissue, using tobacco, eating, or drinking from other than a closed beverage container
- After handling dirty equipment or utensils
- When needed to prevent cross contamination such as after handling raw meat
- Before putting on gloves
- After hands become contaminated

Hand sinks must always be kept clear for use and must have soap and paper towels available.

FOOD SOURCE

All foods and beverages must be bought from approved sources. Never purchase or use wild game or locally harvested mushrooms in your food service establishment.

PROTECTION OF FOOD DURING PREPARATION

Food employees may not contact exposed, ready-to-eat food with their bare hands. You must avoid contact with food by wearing single-use gloves or by using barriers such as deli tissue, spatulas, tongs, or dispensing equipment.

Unless wearing gloves, a food employee may not wear fingernail polish or artificial nails when working with exposed food.

Review of Food Safety Rules-Food Safety Program

While preparing food, food employees may not wear jewelry on their arms or hands. This prohibition does not apply to a plain ring such as a wedding band.

Employees are not allowed to eat around food preparation areas or around food/food items that will be served to customers. Employees may drink around food and food preparation areas only if they drink from closed containers such as a travel mug or a cup with a lid and a straw. No smoking is allowed around food items or preparation areas.

TEMPERATURE CONTROL

Hot holding temperatures must be maintained at 135 degrees F. or more. Food that requires refrigeration must be kept at 41 degrees F. or less. Every refrigerator must have a working internal or external thermometer

COOKING TEMPERATURES

- **145 degrees F.** for fifteen seconds for raw shell eggs, fish, meat, and pork.
- **155 degrees F.** for fifteen seconds for injected meats, and for comminuted fish or meat (such as ground meat)
- **165 degrees F.** for fifteen seconds for poultry, stuffed fish, stuffed meat, stuffed pasta, or stuffing containing fish, meat, poultry; or any raw animal foods cooked in a microwave

A stem thermometer must be available to check food temperatures.

REHEATING

Potentially hazardous food that is cooked, cooled, and reheated for hot holding must be reheated so all parts of the food reach a temperature of at least 165 degrees F. for at least fifteen seconds.

Review of Food Safety Rules-Food Safety Program

Reheating must be completed within two hours and the food must then be held at 135 degrees F. or greater.

THAWING

Potentially hazardous food must be thawed at proper refrigeration temperatures; completely submerged under running cold water in an indirectly drained food preparation sink; as part of the cooking process; or in a microwave if the food is immediately transferred to conventional cooking equipment with no interruption in the process.

COOLING HOT FOOD

Cooked, time/temperature controlled food shall be cooled from 135 degrees F. to 70 degrees F. within two hours. Within a total of six hours, food must be chilled from 135 degrees to 41 degrees or less. If there is a lot of food, break it down into smaller portions and place it in shallow pans to allow rapid cooling.

PROTECTING FOOD DURING STORAGE

Food must be stored off the floor and kept covered. Raw meat must be kept below cooked or ready-to-eat foods in the refrigerator to prevent cross contamination. Store all chemicals away from food, clean utensils, and food equipment.

HAIR RESTRAINTS

Food employees must effectively restrain hair or wear hair restraints such as hats or hair coverings to keep their hair from contaminating exposed food, utensils, or food equipment. This does not apply to counter staff that only serves beverages and wrapped food.

Review of Food Safety Rules-Food Safety Program

DATE MARKING

Prepared potentially hazardous food that requires refrigeration must have a date on the container or cover if it is saved for more than 24 hours. That way, everyone knows how old the food is and how much longer it may be kept. It may be saved for a maximum of seven days when held at 41 degrees F. or less. Any food left after that time must be thrown away.

TIME/TEMPERATURE CONTROLLED FOOD

Any food that can support the rapid growth of microorganisms or toxins that can make people ill must be temperature controlled for safety and must be held hot or cold. In general, food that contains the following must be temperature controlled:

- Milk or milk products
- Shell eggs
- Meats, poultry, fish, and tofu
- Shellfish, shrimp, lobster, and crab
- Sliced melons
- Plant foods that have been cooked or warmed; and baked or boiled potatoes
- Raw sprouts
- Sliced tomatoes

CLEANING AND MAINTENANCE

Keep up with daily cleaning and maintenance of your facility and equipment. Clean under and around equipment to remove dirt and debris. Seal holes in walls and seal gaps around/under doors to prevent entry of rodents and insects. It's much better to prevent a problem than it is to correct one.



Review of Food Safety Rules-Food Safety Program

SANITIZE

All food contact surfaces need to be sanitized. The two most common types of approved sanitizers are chlorine (regular, unscented bleach), and quaternary ammonium (also known as quat). Effective use of these sanitizers depends on the correct concentration and contact time.

	Concentration for sanitizing dishes in a 3 comp sink	Concentration for wiping cloth buckets and clean in place equipment	Exposure time to effectively sanitize.	Minimum water temperature required
Quat	200ppm	400ppm	30seconds	75°F
Chlorine	50ppm	100ppm	7seconds	100°F

You will need to obtain test strips for the chlorine or quat so you can check the concentration of sanitizer. The test strips are available from most restaurant supply stores. Be sure to get the test strips for the sanitizer you are using. To use the test paper, simply dip it in the sink compartment that has the sanitizer. The test paper will change colors. Hold the paper to the color chart that comes with the kit to make sure the concentration at the proper level.

WIPING CLOTHS

When using a wiping cloth to wipe down an in-use cutting board or work area, store the cloth in a bucket of water containing double strength sanitizer. The sanitizer will keep bacteria from growing on the cloth between uses. Otherwise, you may be spreading harmful bacteria on your work surface every time you wipe the area.

Review of Food Safety Rules-Food Safety Program

THREE COMPARTMENT SINK

When using a three-compartment sink to wash dishes, start with clean sinks. All three compartments must be used. Add detergent to the first compartment to wash the dishes. The second compartment is clean water to rinse the soap off the dishes. The third compartment is used for the sanitizer. Allow dishes/utensils to remain in the sanitizer solution for the recommended time, and then set them on a sanitary surface to air dry. Do not rinse the sanitizer off the dishes. Do not dry sanitized dishes with a towel. If they must be dried for immediate use, use a clean paper towel.

DISH MACHINE

If you use a dish machine to wash your dishes, it will use either heat or a chemical (chlorine or quat) to sanitize. The required temperatures for your machine should be noted on a placard located on the machine. Usually, the final rinse temperature of a high-temperature dish machine must reach 180 degrees F. If a chemical sanitizer is used, it must be dispensed at a concentration of 50 or 200 parts per million depending on which chemical is used. You may check the concentration by touching a test strip to water left on a plate after the final rinse is completed. Be sure to check your dish machine temperatures or chemical sanitizer concentration daily. It is the heat or sanitizer in the final rinse cycle that kills the germs that are on the dishes that are going to be used by your customers. If the dish machine doesn't reach the minimum required temperature or the minimum sanitizer concentration, it must not be used until it is repaired.

Review of Food Safety Rules-Food Safety Program

**GENERAL GUIDELINES FOR
EMPLOYEE HEALTH**

The person in charge must exclude from the food operation a food employee diagnosed with:

- Salmonella spp.
- Shigella spp.
- Escherichia coli 0156:H7
- Hepatitis A
- Entamoeba histolytica
- Vibrio cholerae
- Cryptosporidium
- Cyclospora
- Giardia
- Yersinia

You must restrict food employees from working with exposed food; clean equipment, utensils, and linens; and unwrapped single-service and single-use articles if a food employee has symptoms such as:

- Diarrhea
- Fever
- Vomiting
- Jaundice
- Sore throat with fever
- Lesions or cuts on the hands or wrists unless an impermeable cover is worn (such as a glove)
- Persistent sneezing, coughing, or discharge from the eyes, nose, or mouth

**If you serve a susceptible population, such as hospitals and day cares, employees with this set of symptoms must be *excluded* rather than *restricted*.

FOOD SAFETY SHOULD BE A TOP PRIORITY OF YOUR BUSINESS!