How Food Becomes Unsafe

Hazards from the Environment

- Biological
- Physical
- Chemical
Types of common contaminants include:

- **Physical**: Wood, metal, glass, paint chips, hair, etc.

- **Chemical**: Cleaning chemicals, maintenance chemicals, pest control chemicals, etc.

- **Biological**: Microorganisms, insects, rodents, birds, etc.
How Food Becomes Unsafe

Poor personal hygiene:
- Transferring pathogens from your body to food

Cross-contamination:
- Transferring pathogens from one surface or food to another

Time-temperature abuse:
- Letting food stay too long at temperatures that are good for pathogen growth

Poor cleaning and sanitizing:
- Transferring pathogens from incorrectly cleaned surfaces to food
Your Role in Keeping Food Safe

Control the Time and Temperature of Food:

- DON’T let food stay too long at temperatures that are good for pathogen growth.

How Is Temperature Being Controlled in the Photo?

- Temperature is being checked
- Ensures food is held at the correct temperature
Your Role in Keeping Food Safe

Prevent Cross-Contamination:

• DON’T transfer pathogens from one food to another.

• DON’T transfer pathogens from one surface to another.

How Is Cross-Contamination Being Prevented in the Photo?

• Ready-to-eat food is stored above raw food.
Understanding Food Allergies

The Most Common Food Allergens

Tree nuts  Peanuts  Shellfish  Gluten
Prevent Cross-Contact:

- Clean and sanitize surfaces that have come in contact with an allergen.
- Inspect food packaging for leaks or spills that can cause cross-contact.
- Wash hands and change gloves after handling allergens and before handling allergen-free food.
- Store food with allergens separately from allergen-free products.
- **DO NOT** store food containing allergens above allergen-free food.
- Use dedicated pallets and bins for products containing allergens.
How and When To Wash Your Hands

How to Wash Your Hands

**Step 1: Wet hands and arms**
- Use running water as hot as you can comfortably stand.

**Step 2: Apply soap**
- Apply enough to build up a good lather.

**Step 3: Scrub hands and arms vigorously**
- Scrub for 10 to 15 seconds.
- Clean under fingernails and between fingers.

**Step 4: Rinse hands and arms thoroughly**
- Use running warm water.

**Step 5: Dry hands and arms**
- **DO NOT** use your apron or any part of your clothing.
- Use a single-use paper towel or hand dryer.
How and When To Wash Your Hands

After Washing Your Hands

Use a paper towel to:

- Turn off the faucet.
- Open the restroom door.
How and When To Wash Your Hands

When to Wash Your Hands

• Wash hands after using the restroom

• Wash hands after touching your hair, face, or body

• Wash hands after handling raw meat, poultry, or seafood (before and after)

• Wash hands after touching clothing or aprons

• Wash hands after taking out garbage
How and When To Wash Your Hands

When to Wash Your Hands

• Wash hands after sneezing, coughing, or using a tissue

• Wash hands after handling chemicals that can make food unsafe

• Wash hands after smoking

• Wash hands after chewing gum or tobacco
How and When To Wash Your Hands

When to Wash Your Hands

- Wash hands after eating or drinking
- Wash hands before putting on gloves at the start of a new task
- Wash hands after touching anything that may contaminate hands
- Wash hands after leaving and returning to the food-handling area
Using Hand Antiseptics

If you use hand antiseptics:

• **NEVER** use them instead of handwashing.
• Use an antiseptic after washing hands.
• Wait for the antiseptic to dry before touching food or equipment or putting on gloves.
• Follow manufacturer’s directions.
Where To Wash Your Hands

Use a Handwashing Sink:

- Wash your hands only in a designated handwashing sink.

- **DO NOT** use handwashing sinks for other things.
  - **NEVER** dump dirty water in them.
  - **NEVER** prep food in them.
  - **NEVER** wash tools or equipment in them.

- Make sure handwashing sinks are easy to get to and are not blocked.
  - **NEVER** stack food, equipment, or supplies in them or in front of them.
Where To Wash Your Hands

Stocking The Handwashing Sink:

- A stocked sink should have
  - Hot and cold running water
  - Liquid soap
  - Single-use paper towels or hand dryer
  - Garbage container
- If these items aren’t stocked, tell your director or supervisor
Use Gloves Correctly:

- Only use single-use gloves when handling food.
- Make sure the gloves fit your hands.
  - They should not be too tight or too loose.
  - NEVER blow into them.
  - NEVER roll them to make them easier to put on.
- NEVER rinse, wash, or reuse gloves.
Other Hand-Care Guidelines

Use Gloves Correctly:

- Wash your hands before putting on gloves when starting a new task.

Gloves Should be Changed:

- As soon as they become dirty or torn.
- Before beginning a different task.
- Before or after handling any food with a known food allergen.
- After handling raw meat, seafood, or poultry, and before handling ready-to-eat food.
- After an interruption, such as taking a phone call.
Other Hand-Care Guidelines

Cover Infected Wounds Correctly:

- Hands or wrist
  - Cover with a bandage or finger cot that prevents fluid from leaking out.
  - Then place a single-use glove over the cover.

- Arms
  - Completely cover with a bandage that prevents fluid from leaking out.

- Body
  - Cover with a dry, durable, tight-fitting bandage.
Other Important Practices

Eating, Drinking, Smoking, and Chewing Gum or Tobacco:

- **NEVER** do these things in the following areas
  - In food-handling areas
  - In food storage areas

- Only in designated areas
What To Do if You Are Sick:

- Tell your director or supervisor
  - If you have been diagnosed with a foodborne illness
- Tell your director or supervisor if you have these symptoms
  - Vomiting
  - Diarrhea
  - Jaundice (yellowing of skin and eyes)
  - Sore throat with a fever
The Temperature Danger Zone:

41 degrees – 135 degrees F is the Temperature Danger Zone. Pathogens on food can grow in this range and cause a foodborne illness.

- Food temperatures must be controlled
  - From pick-up from the donor or food bank to handoff to client
  - Includes time food spends in the warehouse, on the truck, and at the agency
Temperature Logs

Keep on-site:

- Temperature log for each refrigerator
- Temperature log for each freezer

Record temperatures:

- Each time you distribute food
What Should You Look for When Inspecting a Delivery Vehicle Before Unloading It?

- Overall condition of the vehicle
- Signs of pests in the product or vehicle
- Condition of the product
- Presence of objectionable product (e.g., homemade product)
- Do not accept food if you do not feel safe distributing it to your clients.
General Storage Guidelines:

- Store food only in designated food storage areas.
- Store food at least six inches (15cm) off the floor.
- Store food away from walls.
Storing Food Safely

General Storage Guidelines:

- Store ready-to-eat food above raw meat, seafood, and poultry.
- **DO NOT** store these items on the same shelf or pallet.
- Store food only in containers made for food.
- Wrap or cover food before storing it.
- Store refrigerated foods in this order from top to bottom: produce, milk, beef, chicken.
Handling Recalled Food:

- Ask your director or supervisor how to handle recalls at your food bank or agency

- Feeding America issues recall notices for all issued recalls from
  - FDA
  - USDA
Loading and Distributing Food Safely

Prepare Delivery Vehicles to Protect Food From Contamination:

- Clean inside of vehicles at least once per week or as often as necessary
- Make sure vehicles are pest-free
- Never deliver food in vehicles used to haul garbage
Prepare Delivery Vehicles to Protect Food From Contamination:

- **DO NOT** bring pets when delivering food
- Keep items that could contaminate food separate from the delivery
  - Oil, antifreeze, wiper fluid
- Lock and seal delivery vehicles when they are not being loaded or unloaded
Loading and Distributing Food Safely

What’s Wrong With the Delivery?

- **DO NOT** leave food outside and unsupervised.
- **DO NOT** put food by garbage containers
- **DO NOT** leave refrigerated or frozen food at room temperature.
- Keep chemicals separate from food.
Loading and Distributing Food Safely

What’s Wrong With the Way This Food Was Loaded?

● DO NOT store raw food over ready-to-eat food.
  o Raw food includes raw meat, seafood, poultry, and shell eggs
● DO NOT store allergens over other products.
● DO NOT store chemicals with food products.
When Loading and Transporting Food:

- Keep refrigerated food at 41°F (5°C) or lower during transport.

- If possible, keep frozen food at temperatures that will keep it frozen.

- Keep food cold in unrefrigerated vehicles.
  - Always cover refrigerated and frozen food with thermal blankets.
  - Or place it in coolers with ice packs.
When Loading and Transporting Food:

- Load refrigerated and frozen food so air can circulate around it.

- Keep drive times in unrefrigerated vehicles to 30 minutes or less.

- Check the temperature of refrigerated food when it has reached its destination.
DO NOT:

- Break down food into smaller portion sizes
- Repackage food for clients
DO NOT:

- Wash eggs
Cleaning vs. Sanitizing

- Cleaning removes food and other dirt from a surface
- Sanitizing reduces pathogens on a surface to safe levels
How and When To Clean And Sanitize

Cleaning and Sanitizing Surfaces:

- Any surface that touches food must be cleaned and sanitized.
  - Plastic food bins
  - Ladles
  - Scales
  - Prep tables in clean rooms
  - Sorting tables
  - Scoops
How and When To Clean And Sanitize

How to Clean and Sanitize Surfaces:

1. Scrape or remove food from the surface
2. Wash the surface
3. Rinse the surface
4. Sanitize the surface
5. Allow the surface to air-dry
When to Clean and Sanitize:

- Before and after use
- Before repacking food
- When changing to a new product or between allergens
- After four hours, if the items have been in constant use
- Any time the item has become contaminated
What’s Wrong With the Way This Garbage was Handled?

- Remove garbage as quickly as possible
- Be careful not to contaminate food or surfaces when removing garbage

Allowed to stack up
How Is the Garbage Being Handled Safely?

- Clean the inside and outside of garbage containers often.
- **DO NOT** clean garbage containers in clean rooms or food-storage areas.
- Close the lids on outdoor containers.
- Keep indoor containers covered when they are not in use.
Questions?