

# FOOD SAFETY CLASS

Environmental Health Division  
Tompkins County Health Department



Your Partner for a Healthy Community

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Adapted from materials developed by the Broome County Health Department.

# POTENTIALLY HAZARDOUS FOODS

(Foods that support the growth of microorganisms)

- 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
- Lather your hands for 10 to 15 seconds before rinsing (the time it takes to sing “Happy Birthday”)
- Use a paper towel to turn the faucet handles off so you don’t recontaminate your hands
- Use hand antiseptics only after washing your hands, *not* 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
- Waste water must be collected in a container, such as a 5 gallon pail. No discharge of waste water onto the ground
- Soap (not hand sanitizer) and paper towels must be provided for hand washing and hand drying



# WHEN TO WASH HANDS

- Before starting work
- After using the restroom
- After touching any part of your body
- After 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
- After 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
- Always wash hands before putting gloves on or picking up a new pair
- Gloves must be changed:
  - When they become soiled or torn
  - When 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 & ATTIRE

- Dirty hair can harbor pathogens
- Wear a clean hat or hair restraint
- Wear clean clothes
- Remove your apron when leaving the food prep area to use the restroom, when taking a break, or when taking out the trash.

# EATING, DRINKING, SMOKING & CHEWING GUM OR TOBACCO

- Prohibited when preparing or serving food
- Prohibited in area for cleaning utensils and equipment
- This is because saliva can be transferred to employee's hands or directly into food



# REPORT ILLNESS & 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, uncooked food – such as meat – and a different set for ready-to-eat foods, like apples
  - 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 have only one prep table
  - Make sure that you clean & sanitize your prep area when switching to different foods.

# TIME & TEMPERATURE

- Temperature range between 45° F and 140° F is known as the *food temperature danger zone*
- Minimize the time that food is in this temperature danger zone, because this is the temperature range that microorganisms multiply most rapidly.
- If food is in this temperature zone for more than 4 hours, throw the food out

# REFRIGERATOR & FREEZER STORAGE

- Refrigerators and coolers 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 **below** ready-to-eat foods to help prevent 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 –  
ONLY IF under 3 pounds
- In the microwave oven if it will be  
cooked immediately after thawing.

# 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

# KEEPING COOKED FOOD SAFE

- Cooking does not destroy bacterial spores or toxins
- A cooked food item is not necessarily safe
- Proper sanitation and temperature control at all stages are vital to ensure safety



# HOT HOLDING

- All potentially hazardous foods must be kept at or above 140° F after they have been cooked.
- Rare roast beef can be held hot at 130° F only the first time it is served
- 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, including roast beef, that have been previously cooked then cooled down must first be reheated to 165° F in 2 hours time or less
- This reheated potentially hazardous food must then be held hot at 140° F or above
- Commercially processed potentially hazardous food, such as hot dogs, can be heated to 140° F within 2 hours the first time only

# PROPER STORAGE OF FOOD & 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, plastic forks, spoons and knives must be stored a minimum of 6 inches off the ground

# THREE BASIN SINK

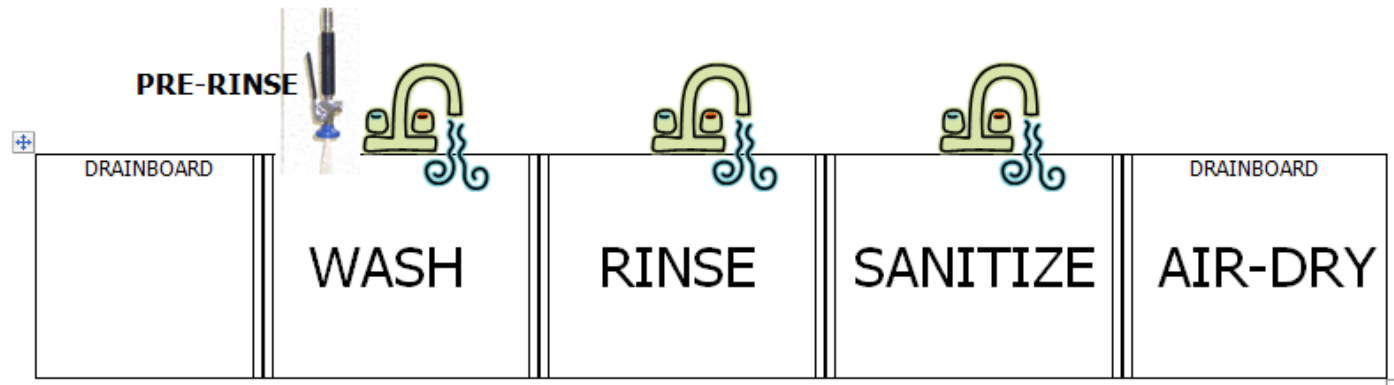
(see next slide for illustration)

- First: wash with soap or detergent in the first basin
- Second: rinse with plain 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

# THREE BASIN SINK ILLUSTRATION

## Approved Method for Hand Washing Dishes and Utensils

SCRAPE



**1. SCRAPE AND PRE-RINSE** all dishware and utensils with warm water before food can dry on surfaces. Pre-rinsing keeps wash water free from large food particles, loosens dried-on foods, reduces stains on dishes and saves on detergent.

**2. WASH** in first compartment with hot water at 110°F - 120 °F using a good washing detergent, brush and physical scrubbing. Change wash water often as it becomes dirty and loses the effectiveness of cleaning. *Washing detergent does not sanitize dishware and utensils.*

**3. RINSE** dishware and utensils in second compartment by immersion in clean hot water. In the rinse step, the washing detergent is rinsed off. Change the rinse water frequently. **DO NOT** rinse dishware and utensils in dirty water.

**4. SANITIZE** dishware and utensils in the third compartment by hot water or chemicals.

- **HOT WATER**  
170 °F for 30 seconds.  
Auxiliary heat and special baskets needed.
- **CHEMICALS**  
75 - 110°F for 1 minute
  1. Bleach – 50 ppm ➦
  2. Quaternary Ammonium – 200 ppm
  3. Iodine – 12.5 ppm

**5. DRAIN AND AIR DRY**  
**DO NOT** towel dry. Towel drying re-contaminates dishware and utensils. Store cups, glasses, pots, and pans inverted in a clean, dry place. Store eating utensils with handles up in a clean dry place.

➦ 1 1/2 tsp. or 1/2 TBSP of 5.25% sodium hypochlorite (chlorine bleach) or Follow manufacturers' instructions to obtain 50ppm  
ppm = parts per million

# 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



# CONTINUE TO QUIZ

- Congratulations! You have completed the training portion of the process.
- Continue to the Quiz at:  
<https://lfweb.tompkins-co.org/forms/TCEHTFSQuiz>