



## Partner Services

### *Food Safety Overview for Volunteers*

#### **What is Foodborne illness?**

Foodborne illness is caused by contamination of food and occurs at any stage of the food production, delivery and consumption chain. Some examples include salmonella, norovirus and listeria.

#### **What causes Foodborne illness?**

1. Biological hazards include bacteria, viruses, and parasites. Bacteria and viruses are responsible for most foodborne illnesses. Biological hazards are the biggest threat to food safety.
2. Chemical hazards include natural toxins and chemical contaminants. Some natural toxins are associated with the food itself, and some are made by pathogens in the food when it is time/temperature abused. Chemical contamination can occur when products (i.e., cleaners) are not used correctly.
3. Food allergens are a chemical hazard. **Eight major food allergens include milk, eggs, fish, crustacean shellfish (lobster, crab, shrimp), wheat, soy, peanuts, tree nuts.**
4. Physical hazards can include metal shavings from cans and bones in fish.

#### **How to prevent Foodborne illness?**

- Wash hands regularly and correctly.
- Practice personal hygiene.
- Stay home when sick.
- Clean equipment and food contact surfaces.
- Store hot or cold food at proper temperatures.
- Cook food thoroughly to the correct internal temperature.
- Implement a waste management plan.
- Keep track of expiration dates.
- Ensure the quality of raw animal products.

#### **6 Steps to Hand Washing**

1. Wet hands
2. Apply soap
3. Scrub hands for 10-15 seconds
4. Scrub backs of hands and between fingers
5. Rinse hands
6. Dry with disposable towel or air dryer



### **1. The importance of food safety**

- a. Why is cleanliness important to food safety?
  - i. Cleanliness protects consumers from foodborne illness.
  - ii. A clean food service area and proper hygiene reduces the spread of dangerous food pathogens.
- b. How many Americans are affected by food borne illness per year?
  - i. 48 million people get sick
  - ii. 128,000 are hospitalized
  - iii. Over 3,000 deaths annually
- c. What types of people are most at risk?
  - i. Those who are immunocompromised, pregnant, elderly, and small children.

### **2. Health and hygiene**

- a. If you are sick, stay home.
- b. Practice proper hand washing.
- c. Hand sanitizer is not a substitute for hand washing.
- d. Prevent direct bare hand contact with ready to eat or unpackaged food.
  - i. Utilize tongs, utensils, or gloves.

### **3. Temperature control (food transport and meal sites)**

- a. Food must be cooked and held at a proper temperature.
- b. Cooks must utilize a thermometer to ensure the proper internal temperature.
- c. Hold cold food at 41 degrees Fahrenheit or lower.
- d. Hold hot food at 135 degrees Fahrenheit or higher.
- e. The temperature danger zone is between 41 degrees Fahrenheit and 135 degrees Fahrenheit.
  - i. Temperature controlled food cannot be left in the danger zone for more than 4 hours.

### **4. Avoid cross contamination**

- a. Cross contamination is the spread of bacteria from raw meat to other food.
- b. This happens when bacteria from raw meat is unintentionally transferred to other food.
- c. Always wash your hands after handling raw meat.
- d. Use a separate cutting board for raw meat, poultry or seafood.
- e. Store raw meat on shelves below other food.

### **5. Cleaning and sanitizing**

- a. Cleaning uses soap and water to remove dirt from surfaces.
- b. Sanitizing uses chemicals or heat to kill germs.
- c. Proper dishwashing requires a 3-compartment sink.
- d. The steps are as follows:
  - i. Wash dishes with soap
  - ii. Rinse with water
  - iii. Sanitize
  - iv. Air dry
- e. Proper dish washing and sanitizing reduces germs to safe levels after cleaning.